A Year of Incredible Miracles

Reader's Digest

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Best of 2012

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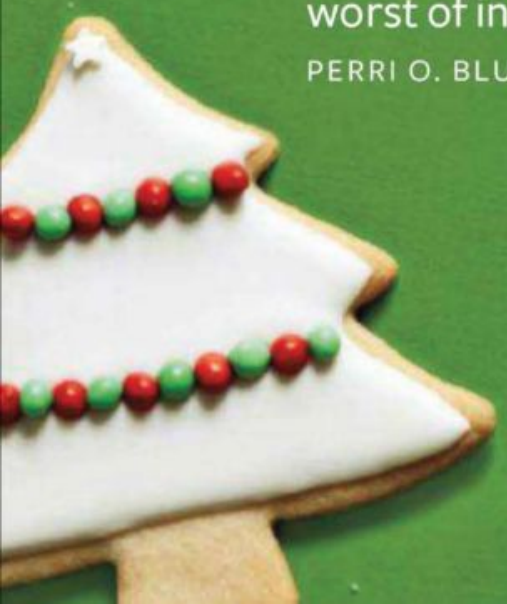
PHOTOGRAPH BY YUNHEE KIM



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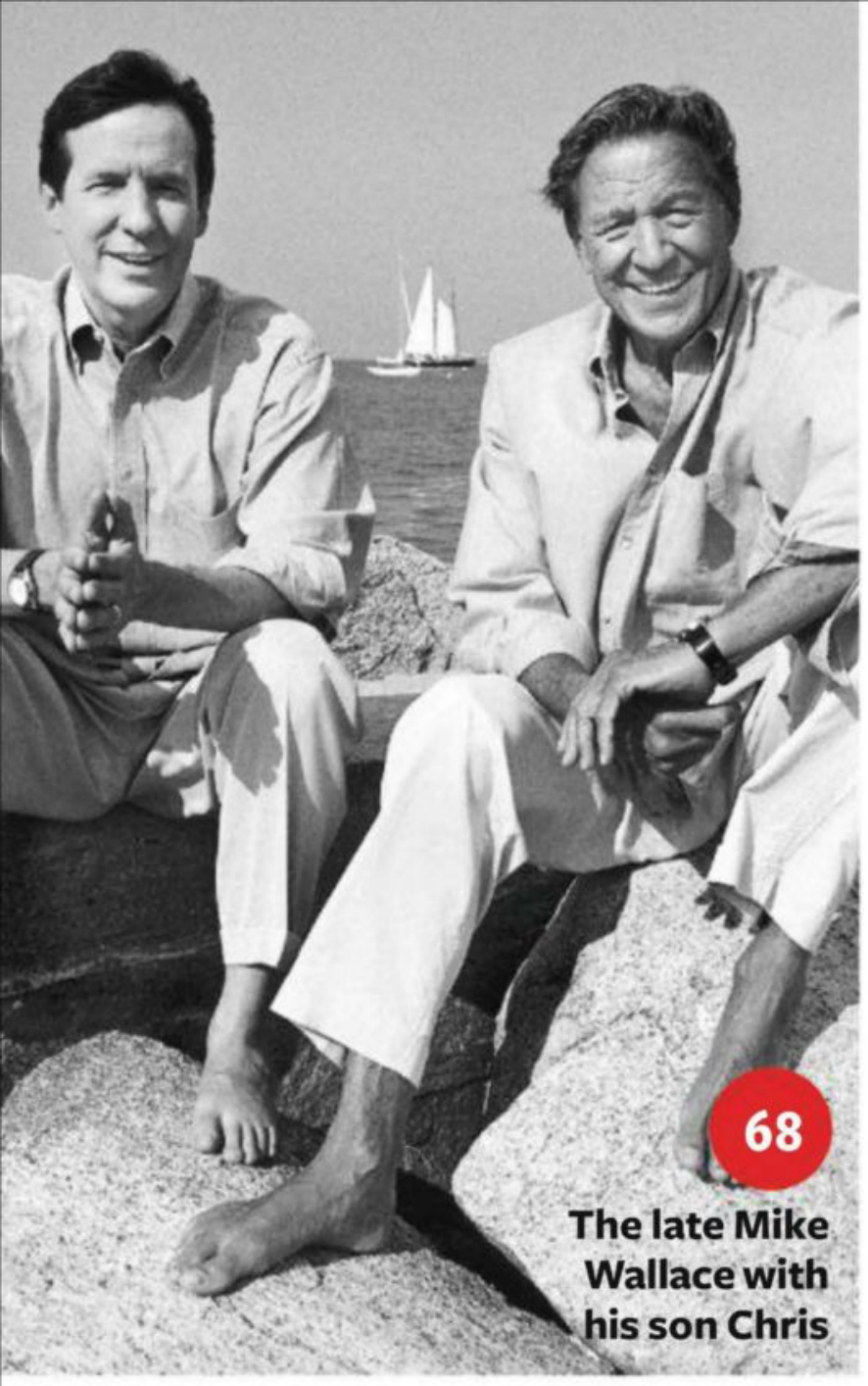
"My Favorite Christmas Cookie, Ever"
The best holiday-cookie recipes from **Martha Stewart, Giada De Laurentiis,** and **Ree Drummond**



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The late Mike Wallace with his son Chris

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ON THE COVER
PHOTOGRAPH BY LEVI BROWN
STYLING BY PHILIP SHUBIN

FROM TOP: JIM GRAHAM/GRAHAM STUDIOS INC.; ILLUSTRATION BY JOHN KASCHT

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Editor's Note

The Digest Dozen

You asked for it. We listened. I'm thrilled to announce that starting in January 2013, *Reader's Digest* will produce 12 issues a year. That's right: same subscription, more stories. In an age when most media companies are publishing fewer magazines, we're publishing more. Why? Because you love your *Reader's Digest*. Because you've told us that you miss it when a new one doesn't arrive in your mailbox—or on your e-reader or tablet—every 30 days or so. Because, sincerely, you asked for it. It's that simple.

The amazing dedication of our readers was on my mind as *Reader's Digest* celebrated its 90th year of publication. I asked our devoted team of editors to spend their weekends and evenings reading through our archives for "reads of lasting interest" that warranted inclusion in a special book. Many selections moved us to tears; others made us laugh until we forgot our worries. Still others celebrated the indelible mark left by thought leaders, presidents, and longtime contributors such as Alex Haley, the Pulitzer Prize–winning author of *Roots*. Read one of your most requested stories, "The Gold & Ivory Tablecloth," on page 142 of this issue.

Not only did we publish this extraordinary book, *The Reader's Digest Treasury of Joy and Inspiration*, in time for the holiday season, but we personally gifted it to about 350 loyal readers who have subscribed without interruption for over 50 years. Thank you for making *Reader's Digest* the most-read magazine in the world. Happy holidays (and anniversary) to all.

L. Vaccariello

I invite you to e-mail me at liz@rd.com.
Follow me on Twitter @LizVacc.

HOW YOU HUG A HERO

In June 2012, we asked America to support our returning veterans who can't find jobs. You flooded my e-mail inbox with amazing stories of citizens showing their support. Please check out **rd.com/december** for hundreds of moving examples.

PHOTOGRAPH BY MELANIE DUNEA/CPI

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*Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours if pain persists.
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In Defense of Surgeons (and Patients)

This should have been the first secret on your list: Surgeons make extreme sacrifices ("50 Secrets Your Surgeon Won't Tell You"). They endure several years of rigorous postcollege training, many sleepless shifts, and other extraordinarily difficult conditions. My husband finished his training after having lived at seven mailing addresses and accumulating six figures in debt. As a child, I lived at eight addresses during my father's training. Few other professions require this type of dedication for such delayed gratification.

Rachel Holzer, Miami, Florida

I read the October issue cover to cover. It has a great balance and feel to it. Plus, as one reader who is about to have an operation, I found "50 Secrets Your Surgeon Won't Tell You" totally relevant and very helpful.

Ken, via e-mail

Dr. Sid Schwab says, "Rules that restrict residents' hours mean doctors come out of training with a lot less experience." My response: You're kidding, right? The whole gist of this article is that doctors are human, yet he advocates going back to a system that requires residents to work Herculean hours. Sleep-deprived residents are a danger to patients and themselves. I wouldn't trust a sleep-deprived person to drive my car, and I certainly wouldn't want him or her cutting into my body.

Lucy Hanouille, Austin, Texas

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GET PUBLISHED

Tell Us Your Stories!

When was the last time you laughed so hard you cried? What is the one thing you'll *never* do again? We're looking for our readers' best writing, photography, and videos. Show us your stuff on our new Tumblr blog, StoryBox (rdstorybox.tumblr.com). This month: **Tell us your most unforgettable moment of this year.**

Best of 2012

PHOTOGRAPH BY LEVI BROWN; STYLING BY PHILIP SHUBIN

LET'S PLAY!

"OUR PHOTO, YOUR CAPTION"

"Born to be styled." *D. T. Strickland*

"The things I have to do for some kibble and a few doggy treats ..." *Melinda Bouwman*

"It's Fashion Week in Dogsville." *Margie Robles*

"Who let the dog out?!" *J-Mhark Blaza*

"And now the dog days are over!" *Brijesh Verma*

"Honestly, is the hat too much?" *Lauren Dow*

"How much horsepower does this thing have?" *Lorrie Welsh*

Responses submitted via Facebook

So obese people have no idea how hard it is to take care of them? Ha! Doctors and nurses remind us constantly that we are a burden to them and how much they dislike taking care of us. We're aware of our weight, and we can help you help us—if you'd manage to be a bit more kind. *Liz Larson,* via e-mail

Look Who's (Not) Talking

When I was in school, the highlight of my day was talking with my friends. It is so sad that people in today's society spend all their time looking at phones and text messaging instead of talking with each other in person ("A Siri-ous Disconnect"). They don't know what they're missing.

Sandra S. Tetterton, Madison, North Carolina

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The Healing Power of an Apology

As a retired college English professor, I really enjoyed "The 39-Year-Old Apology." It reminded me of an apology I received from a student who had disliked my class and told me exactly how she felt. Years later, she saw me at a party and apologized. We all make mistakes in life. If we are lucky, we get a chance to apologize for hurting someone else. We are also lucky if we get an apology from someone who has hurt us.

Ken Solstad, via e-mail

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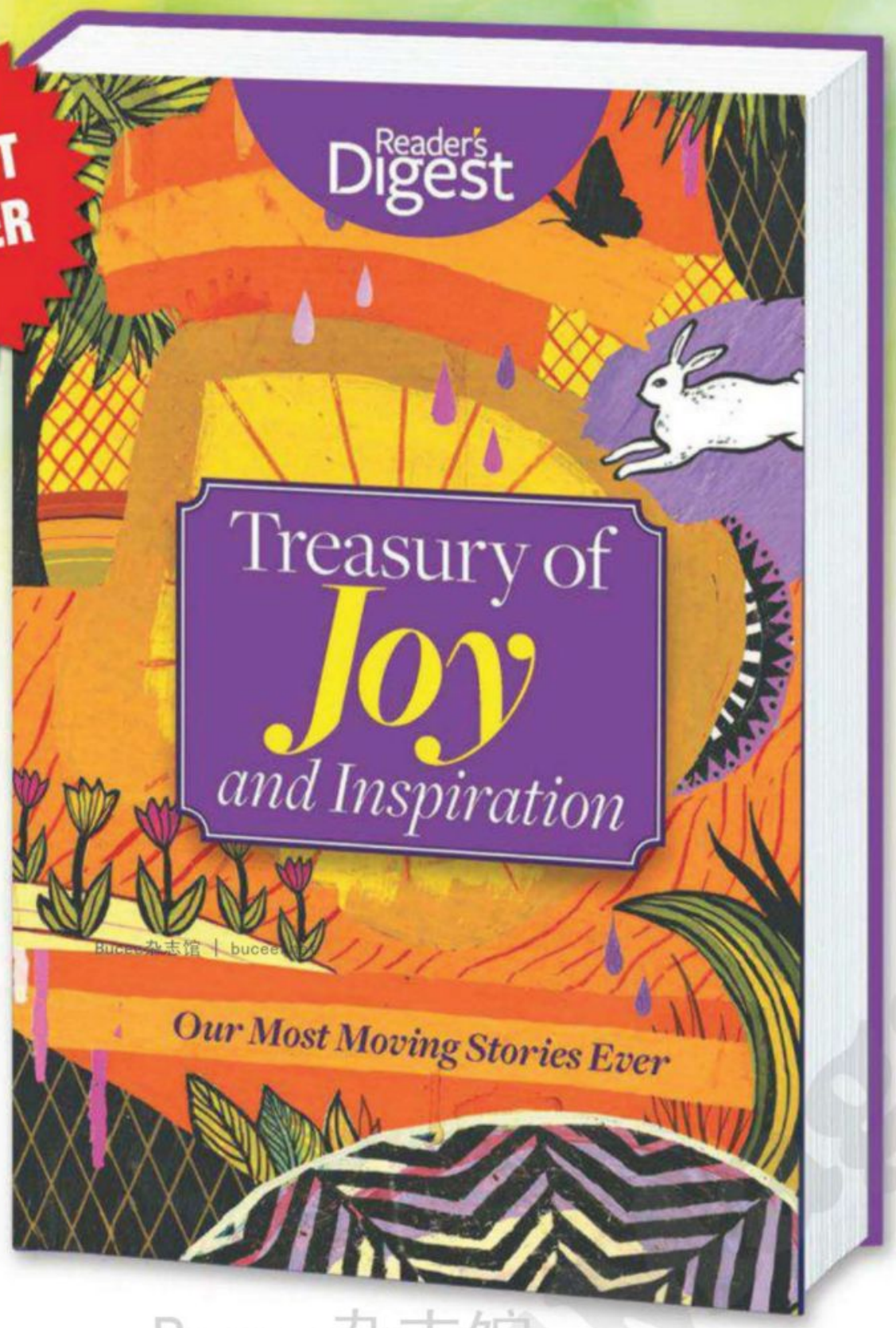

Surprising...

The unexpected gift that changed author **James Michener's** life forever!

Encouraging...

The advice **Dwight Eisenhower** gave to America's future leaders.

Fascinating...

What **Barbara Walters** discovered as she investigated the meaning of heaven. **And much more!**

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Best Birthdays

"Is Your DOB Hot or Not?" (Family Digest) made me laugh out loud. I have always teased my parents about their first Halloween together because nine months later, I was born. And this chart is proof! I wonder if they've seen it in their issue ...

Mary Baxley, Longview, Texas

Touched by Treasures

Having lost my grandma, with whom I was extremely close, I was so moved by Nate Berkus's story ("What Remains"). I acquired many of her possessions, and having them around made me sad. But Nate's words have given me a new outlook, and I treasure these tangible memories even more. She will live on, reminding me to not stop living.

K. Knox, Hays, Kansas

Happy Perspectives

Kudos to Augusten Burroughs for inserting some sanity into our preoccupation with being happy ("Forget Happiness"). Throughout one's life, a person must learn to contribute to make the world a better place. And after a lifetime of contributing, a person might realize that he or she is satisfied, at peace, or even happy, that he or she has lived a full, decent life after all.

Rick Van Dusen, Pasadena, California

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Q: What makes Phillips'® Colon Health® different?

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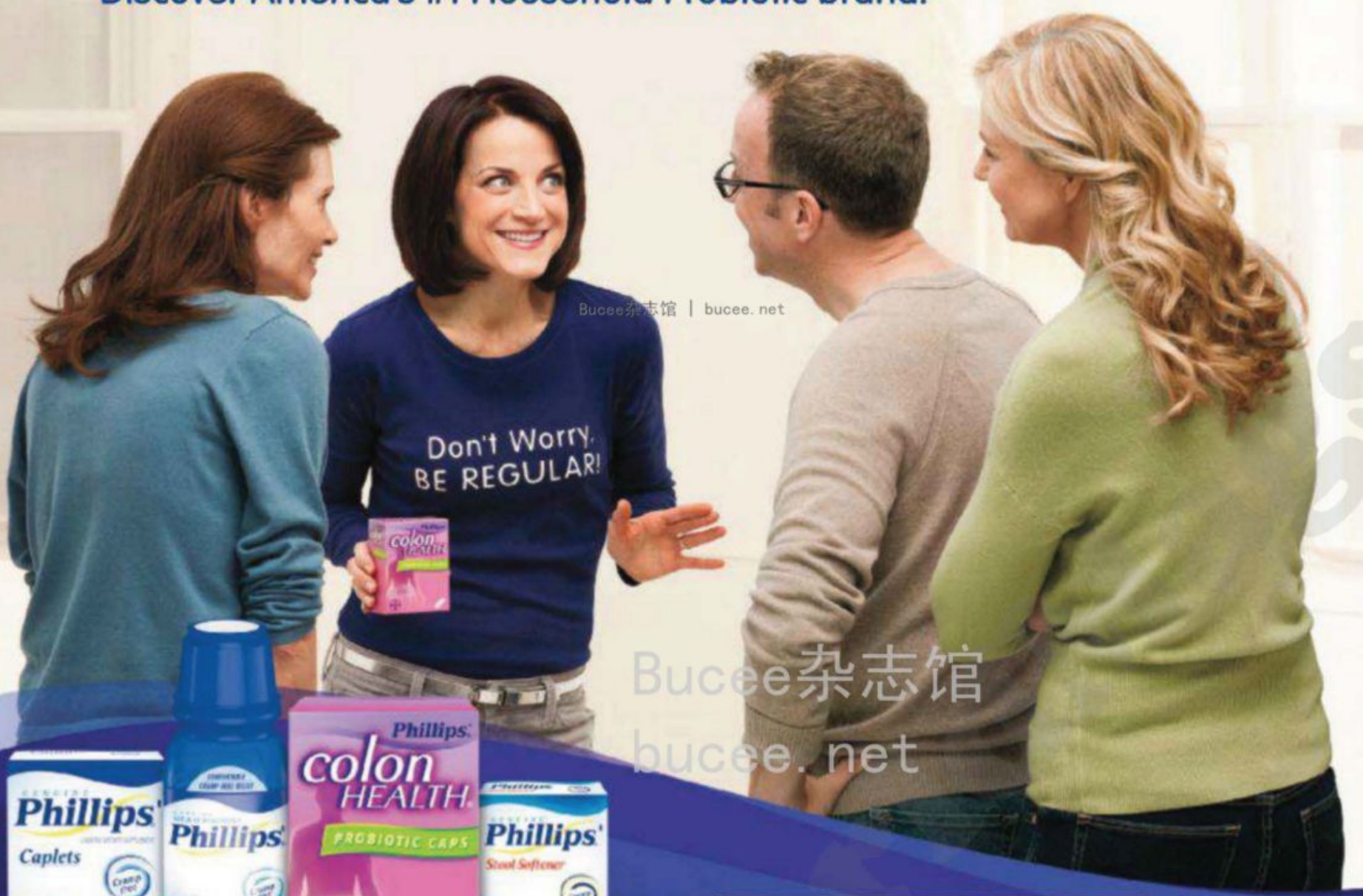

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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†IRI Household Panel 52 Weeks Ending Dec. 2011.

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RD Recommends*

GREATEST HITS FROM OUR (WILDLY POPULAR!) STAFF BLOG

* **In case you missed it,** go to **readersdigest.com/recommends.**

Of Immediate Interest

BAD DOG!
***BAD* DOG!**
At dog-shaming.com, pooches pose with funny signs about their canine misdeeds.

VIRAL VOCAL
Italian singer Adriano Celentano speaks English the way an international ear hears it in a bubbly 1972 music video now viral on YouTube.

DRINK TOO MUCH? BLAME THE GLASS
A new U.K. study found you guzzle beer twice as fast from curvy glasses as you do from straight-sided ones; distortion makes it hard to see how much you take in.

THE RIGHT WAY TO EAT A TIC TAC
Foodbeast.com's 20-second video taught our editors that a Tic Tac container is designed to gently dispense one mint at a time. Mind-blowing!

Most read!

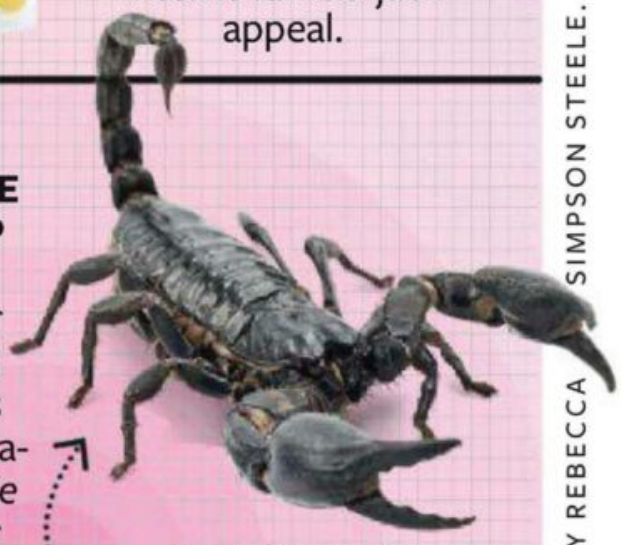
ODDEST PRODUCT OF THE YEAR?
It's no Wine Yoke (page 169), but Beardo, a knit cap invented by a Canadian snowboarder, firmly has its tongue in cheek, er, beard, with instant-lumberjack appeal.

GOOGLE'S CAR AS CANDID CAMERA
Artist Jon Rafman culls oddly riveting images from Google Maps—a van on fire, a moose on the loose, the police in action (via demilked.com).

Most retweets ever!

TV RERUNS BOOST YOUR MOOD
New research shows that after rewatching a favorite TV show, people were more willing to forgive, aid strangers, make sacrifices. Love thy Netflix?

TEENS WITH PROBLEMS WRITE BOOK, GET HELP
Teacher Marjie Bowker and author Ingrid Ricks helped disturbed students publish a gritty, courageous anthology, *We Are Absolutely Not Okay*. Happily, the teens are now thriving; learn more at upworthy.com.



THE $83,046 SCORPION STING
Recall our September investigation "Why a Hospital Bill Costs What It Costs"? An Arizona woman was charged more than ten times the price of the drug she needed for a venomous bite. Outrageous.

NO TXTING + DRVNG PLS
You're 23 times more likely to crash if you text while driving, but over a third of teens surveyed still do it. Can AT&T's sobering ads (at itcanwait.com) push the "designated texters" movement?

Of Lasting Interest

CLOCKWISE FROM TOP LEFT: COURTESY REBECCA SIMPSON STEELE. ISTOCKPHOTO. COURTESY BEARDO; GETTY IMAGES. COURTESY JON RAFMAN

Oh, no, he didn't.
Oh, yes, he did.

You can't explain risk to your dog.

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Who should use Humalog?

Humalog (100 units per mL) is used to treat people with diabetes for the control of high blood sugar.

IMPORTANT SAFETY INFORMATION FOR HUMALOG

What is the most important information I should know about Humalog?

- Do not change the insulin you use without talking to your healthcare provider. Doses of oral antidiabetic medicines may also need to change if your insulin is changed.
- Test your blood sugar levels as your healthcare provider instructs.
- When used in a pump, do not mix Humalog with any other insulin or liquid.

Who should not take Humalog?

- Do not take Humalog if your blood sugar is too low (hypoglycemia) or if you are allergic to insulin lispro or any of the ingredients in Humalog.

Before using Humalog, what should I tell my healthcare providers?

Tell your healthcare providers:

- About all of your medical conditions, including liver or kidney problems.
- If you are pregnant or breastfeeding.
- About all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

How should I use Humalog?

- Humalog is a rapid-acting insulin. Take Humalog within fifteen minutes before eating or right after eating a meal.
- Always make sure you receive the correct type of Humalog from the pharmacy.
- Do not use Humalog if it is cloudy, colored, or has solid particles or clumps in it.
- Do not mix Humalog with insulin other than NPH when using a syringe. Do not mix or dilute Humalog when used in a pump.
- Inject Humalog under your skin (subcutaneously). Never inject into a vein or muscle. Change (rotate) your injection site with each dose. Make sure you inject the correct insulin and dose.
- Depending on the type of diabetes you have, you may need to take Humalog with a longer-acting insulin or with oral antidiabetic medicines.
- If you forget to take your dose of Humalog, your blood sugar may go too high (hyperglycemia), which can lead to serious problems like loss of consciousness (passing out), coma, or even death.
- Your insulin dose may need to change because of illness, stress, other medicines you take, change in diet, or change in physical activity or exercise.

What are the possible side effects of Humalog?

- Low blood sugar is the most common side effect. There are many causes of low blood sugar, including taking too much Humalog. It is important to treat it quickly.

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Humalog KwikPen is prefilled with mealtime insulin, so it goes just about anywhere you go.

Talk to your doctor to learn more, and go to KwikPen.com for a free trial offer.

Receive 5 free pens.

You can treat mild to moderate low blood sugar by drinking or eating a quick source of sugar right away. If severe, low blood sugar can cause unconsciousness (passing out), seizures, and death. Symptoms may be different for each person. Be sure to talk to your healthcare provider about low blood sugar symptoms and treatment.

- Severe life-threatening allergic reactions (whole-body reactions) can happen. Get medical help right away if you develop a rash over your whole body, have trouble breathing, have a fast heartbeat, or are sweating.
- Reactions at the injection site (local allergic reaction) such as redness, swelling, and itching can happen. If you keep having skin reactions or they are serious, talk to your healthcare provider. Do not inject insulin into a skin area that is red, swollen, or itchy.
- Skin may thicken or pit at the injection site (lipodystrophy). Do not inject insulin into skin with these types of changes.
- Other side effects include swelling of your hands and feet, low potassium in your blood (hypokalemia), and weight gain.
- These are not all of the possible side effects. Ask your healthcare providers for more information or for medical advice about side effects.

You are encouraged to report negative side effects of Prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

How should I store Humalog?

- Unopened Humalog should be stored in a refrigerator and can be used until the expiration date on the carton or label.
- Humalog should be stored away from light and heat. Do not use insulin if it has been frozen.
- Opened vials should be kept at room temperature or in a refrigerator. Opened cartridges or prefilled pens should be kept at room temperature.
- Once opened, Humalog vials, prefilled pens, and cartridges should be thrown away after 28 days.

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Humalog is available by prescription only.

For additional information, talk to your healthcare providers and please see accompanying Patient Information. Please see full user manual that accompanies your pen.

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If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

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Humalog® KwikPen™

insulin lispro injection, USP (rDNA origin)

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Lilly

Patient Information
HUMALOG®
insulin lispro injection, USP (rDNA origin)

Read the "Patient Information" that comes with HUMALOG (HU-ma-log) before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your diabetes or treatment. If you have questions about HUMALOG or diabetes, talk with your healthcare provider.

What is the most important information I should know about HUMALOG?

- **Do not change the insulin you use without talking to your healthcare provider.** Any change in insulin strength, manufacturer, type (regular, NPH, analog) may need a change in the dose you are using. This dose change may be needed right away or later on. Sometimes this dose change may happen during the first several weeks or months on the new insulin. Doses of oral anti-diabetic medicines may also need to change if your insulin is changed.
- **You must test your blood sugar levels while using an insulin such as HUMALOG.** Your healthcare provider will tell you how often you should test your blood sugar level, and what to do if it is high or low.
- **When used in a pump do not mix HUMALOG with any other insulin or liquid.**

What is HUMALOG?

HUMALOG (insulin lispro injection, USP [rDNA origin]) is an injectable rapid-acting man-made insulin. HUMALOG is used to treat people with diabetes for the control of high blood sugar.

- HUMALOG is a clear, colorless, sterile solution for injection under the skin (subcutaneously).
- You need a prescription to get HUMALOG. Always be sure you receive the right insulin from the pharmacy.

HUMALOG comes in:

- 10 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL prefilled pens
- 3 mL Humalog® KwikPen™
- 3 mL cartridges for use with a reusable pen or external insulin pump

Who should not take HUMALOG?

Do not take HUMALOG if:

- your blood sugar is too low (hypoglycemia). After treating your low blood sugar, follow your healthcare provider's instructions on the use of HUMALOG.
- you are allergic to insulin lispro or any of the ingredients in HUMALOG. See the end of this leaflet for a complete list of ingredients in HUMALOG. Check with your healthcare provider if you are not sure.

What should I tell my healthcare provider before taking HUMALOG?

Tell your healthcare provider:

- **about all your medical conditions, including liver or kidney problems.** Your dose may need to be adjusted.
- **if you are pregnant or breastfeeding.** You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant or breastfeeding. HUMALOG has not been studied in pregnant or nursing women.
- **about all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements. Your HUMALOG dose may need to change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers when you get a new medicine.

How should I use HUMALOG?

HUMALOG can be used with a syringe, prefilled pen, reusable pen or external insulin pump. Talk to your healthcare provider if you have any questions.

- **Read the instructions for use that comes with your HUMALOG product.** Talk to your healthcare provider if you have any questions.

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Your healthcare provider should show you how to inject HUMALOG before you start taking it.

- **HUMALOG is a rapid-acting insulin.** You should take HUMALOG within fifteen minutes before eating or right after eating a meal.
- Only use HUMALOG that is clear and colorless. If your HUMALOG is cloudy, colored, or has solid particles or clumps in it, return it to your pharmacy for a replacement.
- **Do not mix HUMALOG:**
  - with any type of insulin other than NPH when used with injections by syringe.
  - with any other insulin or liquid when used in a pump.
- If your doctor recommends diluting HUMALOG, follow your doctor's instructions exactly so that you know:
  - How to make HUMALOG more dilute (that is, a smaller number of units of HUMALOG for a given amount of liquid) and
  - How to use this more dilute form of HUMALOG. **Do not use dilute insulin in a pump.**
- **Inject HUMALOG under your skin (subcutaneously)** in your upper arm, abdomen (stomach area), thigh (upper leg), or buttocks. Never inject it into a vein or muscle.
- **Change (rotate) your injection site** with each dose.
- If you have type 1 diabetes, you need to take a longer-acting insulin in addition to HUMALOG (except when using an external insulin pump).
- If you have type 2 diabetes, you may be taking oral anti-diabetic medicines and/or a longer-acting insulin in addition to HUMALOG.
- Follow the instructions given by your healthcare provider about the type or types of insulin you are using. Do not make any changes with your insulin unless you have talked to your healthcare provider. Always make sure that you received the correct type of HUMALOG from the pharmacy. Check to make sure you are injecting the correct insulin and dose, especially if you use other insulin with HUMALOG.
- **If you take too much HUMALOG, your blood sugar may fall low (hypoglycemia).** You can treat mild low blood sugar by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar right away because it could get worse and you could pass out (become unconscious). If you pass out, you will need help from another person or emergency medical services right away, and will need treatment with glucagon injection or treatment at a hospital. See "What are the possible side effects of HUMALOG?" for more information on low blood sugar.
- **If you forget to take your dose of HUMALOG, your blood sugar may go too high (hyperglycemia).** If high blood sugar is not treated it can lead to serious problems like loss of consciousness (passing out), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
  - increased thirst
  - frequent urination
  - drowsiness
  - loss of appetite
  - a hard time breathing
  - fruity smell on the breath
  - high amounts of sugar and ketones in your urine
  - nausea, vomiting (throwing up) or stomach pain
- **Your insulin dosage may need to change because of:**
  - illness
  - stress
  - other medicines you take
  - change in diet
  - change in physical activity or exercise

What are the possible side effects of HUMALOG?

- **low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
  - sweating

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- dizziness or lightheadedness
- shakiness
- hunger
- fast heart beat
- tingling of lips and tongue
- trouble concentrating or confusion
- blurred vision
- slurred speech
- anxiety, irritability or mood changes
- headache

- **Severe low blood sugar can cause unconsciousness (passing out), seizures, and death.** Low blood sugar may affect your ability to drive a car or use mechanical equipment, risking injury to yourself or others. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you develop a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.**
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious, talk to your healthcare provider. You may need to stop using HUMALOG and use a different insulin. Do not inject insulin to skin that is red, swollen or itchy.
- **Skin thickens or pits at the injection site (lipodystrophy).** Change (rotate) when you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Swelling of your hands and feet**
- **Low potassium in your blood (hypokalemia)**
- **Weight gain**

These are not all of the possible side effects from HUMALOG. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store HUMALOG?

- **Store all unopened (unused) HUMALOG in the original carton in a refrigerator at 36°F to 46°F (2°C to 8°C).**
- Do not freeze. Do not use HUMALOG if it has been frozen.
- Keep unopened HUMALOG in the carton to protect from light.

After starting use (open)

Vials:

- Keep in the refrigerator or at room temperature below 86°F (30°C) for up to 28 days.
- Keep vials away from direct heat or light.
- Throw away an opened vial after 28 days of use, even if there is insulin left in the vial.
- Unopened vials can be used until the expiration date on the HUMALOG carton and label, if the medicine has been stored in a refrigerator.

Cartridge and Prefilled Pens:

- Keep at room temperature below 86°F (30°C) for up to 28 days.
- Do not store a cartridge or prefilled pen that you are using in the refrigerator.
- Keep cartridges and prefilled pens away from direct heat or light.
- A cartridge used in the D-Tron[1] or D-Tronplus[1] pump may be used for up to 7 days.
- Throw away a used cartridge or prefilled pen after 28 days, even if there is insulin left in the cartridge or the pen.

General Information about HUMALOG

- **HUMALOG in the pump reservoir and the complete external pump infusion set:**
  - When HUMALOG is used in pumps, **use only pumps that are recommended by your healthcare provider.**
  - The infusion set and infusion site should be changed **at least every 3 days.**
  - The insulin in the reservoir should be changed **at least every 7 days** even if you have not used all of the insulin.

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HUMALOG® insulin lispro injection, USP (rDNA origin)

PV 5564 AMP

- Change the infusion set and infusion site more often than every 3 days if you have high blood sugar (hyperglycemia), the pump alarm sounds, or the insulin flow is blocked (occlusion).
- Do not use HUMALOG for a condition for which it was not prescribed. **Do not** give or share HUMALOG with another person, even if they also have diabetes. It may harm them.
- This leaflet summarizes the most important information about HUMALOG. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider for information about HUMALOG that is written for healthcare providers. For more information about HUMALOG, call 1-800-LillyRx (1-800-545-5979) or visit www.humalog.com.

What are the ingredients in HUMALOG?

insulin lispro, glycerin, dibasic sodium phosphate, metacresol, zinc oxide (zinc ion), trace amounts of phenol and water for injection.

Helpful information for people with diabetes is published by the American Diabetes Association, 1660 Duke Street, Alexandria, VA 22314 and on www.diabetes.org.

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[1] D-Tron®, D-Tronplus® are registered trademarks of Roche Diagnostics GmbH.
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Additional information can be found at www.humalog.com

HI CON BS 26MAY2011 PV 5564

HUMALOG® insulin lispro injection, USP (rDNA origin) PV 5564 AMP

VoriaMags

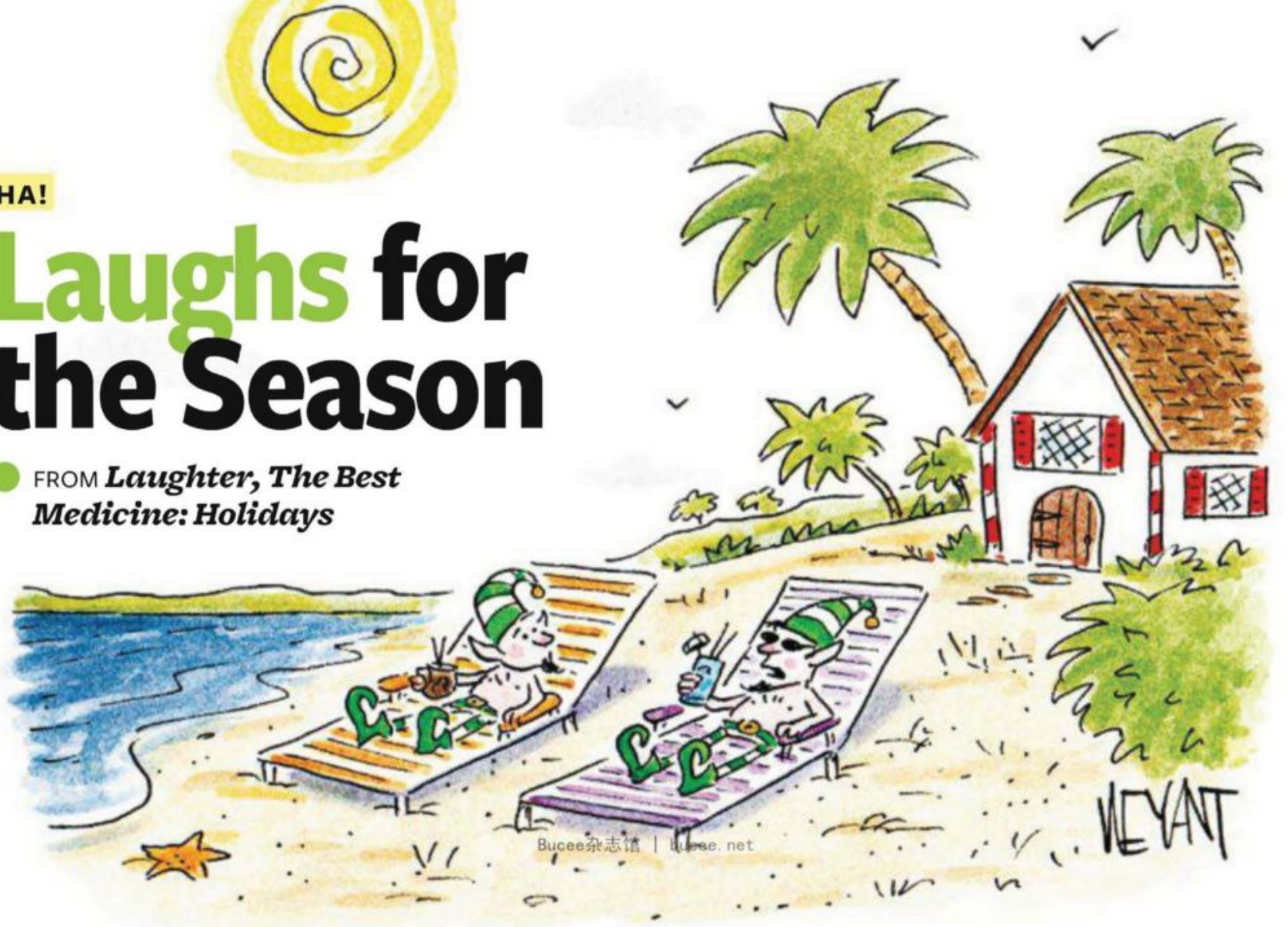
EDITED BY ANDY SIMMONS

Humor

HA!

Laughs for the Season

FROM *Laughter, The Best Medicine: Holidays*



"Of course, when I first started here, the North Pole looked very different."

On a trip to see Santa, my friend's young son Danny climbed onto St. Nick's lap and shared his wish list. Later that day, in another store, there was Santa again.

"And what would you like for Christmas?" he asked Danny.

Shaking his head, Danny sighed. "You really need to write these things down." *Ruby Popp*

The contest was simple: Which department in the hospital where I worked as a nurse could create the best Christmas decorations?

While they didn't win first prize, the members of the proctology department did receive high honors with their distinctive sign, "Christmas is a good time to look up old friends." *Pat Ingels*

ILLUSTRATION BY CHRIS WEYANT

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"What I don't like about office Christmas parties is looking for a job the next day." *Phyllis Diller*

Last Christmas, my wife, Laura, was counting calories to minimize the inevitable holiday pounds. She asked me to hide her favorite snacks in a cupboard too high for her to reach, even with a chair. When I came home from work that evening, I saw the nearly empty bag of Bugles sitting on the counter.

"How'd you get those down?" I asked, surprised.

Laura sheepishly replied, "With a little eggnog." *Jarrett Sylvestre*

My friend reviewed her young son's fill-in-the-blank homework. One line: "At Christmas, we exchange gifts with ____."

His response: "Receipts."

Carol Schnell

"Marry an orphan: You'll never have to spend boring holidays with the in-laws." *George Carlin*

"I wrapped my Christmas presents early this year, but I used the wrong paper. See, the paper I used said *Happy Birthday* on it. I didn't want to waste it, so I just wrote *Jesus* on it." *Demetri Martin*

"The trouble with making too many New Year's resolutions is that if you stick to them, you could become impossible to live with." *Tony Zarro*

I've always wanted a beautiful shawl to wear with my winter dresses. So when I opened the present from my sister Wanda and saw that it was a white-and-silver shawl, I squealed in delight.

"I love it!" I told Wanda that evening. "I wore it all morning."

"You wore it?" she asked, smiling. "It's a skirt for the Christmas tree."

Kay Przybille

"A lovely thing about Christmas is that it's compulsory, like a thunderstorm, and we all go through it together." *Garrison Keillor*

Spotted in our church bulletin: "All singles are invited to join us Friday at 7 p.m. for the annual Christmas sing-alone." *Jennifer Burley*

My son's first job took him to Shenzhen, China. During the Chinese New Year, I asked Todd why it was called the Year of the Pig.

"I'm not sure," he wrote back. "A few months ago, it was the Year of the Dog, and I'm still writing Dog on all my checks." *Phama Woodyard*

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Laughter, the Best Medicine

Hold the Presses!

Writer Stef Willen likes local news. *Really* local news, like from-her-living-room local, as proved by her post on mcsweeneys.net: *News Headlines from My Apartment*.

- Woman, 32, Goes Back to Bed Just Hours After Waking Up
- 30 Mayflies Found Dead in Glass Light Fixture; No Plans to Remove Bodies Anytime Soon
- Poll: How Sturdy Is This Stool I'm Standing on to Peer into My Neighbor's Party?
- Syria: Where Exactly Is That Again?

It was Black Friday, the morning after Thanksgiving, and the crowd was huge and getting antsy. A small man pushed his way to the front of the line, only to be shoved back. On his second try, he was picked up and thrown to the end of the line. On his third attempt, he was knocked to the ground, kicked, and, again, dumped in the back.

"That does it," he murmured. "If they hit me one more time, I won't open the store!"

L. B. Weinstein, Miami Beach, Florida

I don't understand this new wave of incredibly good-looking vampires. How can they do their hair and makeup so well when they can't see themselves in the mirror?

Comedian *Mark Trenwith*

Walking isn't a lost art: One must, by some means, get to the garage.

Comedian *Evan Esar* >>

ILLUSTRATION BY TERESA PARKHURST BURNS

Your cold symptoms' worst nightmare just got worse.

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Use as directed.

The young father took a seat on the bus next to an elderly man and plopped his one-year-old on his lap, just as the little boy began to cry and fidget.

"That child is spoiled, isn't he?" the old man remarked.

"No," said the dad. "They all smell this way." *Robert Howe,* Sun City, Arizona

What do you get when you cross a centipede with a turkey? Drumsticks for everybody!

THAT REMINDS ME OF A JOKE

From the news:
Eiliya Maida was sick and tired of the spiderwebs all over his Chico, California, backyard. So he decided to go after them once and for all ... with a blowtorch. It worked—he got rid of the spiderwebs. Of course, he almost got rid of his home, too, when the attic caught fire, causing $25,000 worth of damage.

Source: chicoer.com

That reminds me of a joke:
I was visiting my son the other night when I asked if I could borrow a newspaper.

"Dad, this is the 21st century," he said. "I don't waste money on newspapers. But if you like, you can borrow my iPad."

I can tell you this: That spider never knew what hit him.

Adam Joshua Smargon, Newark, Delaware

MODERN FAMILY FOIBLES

A new book about the popular sitcom reveals what the dysfunctional-yet-loving clan has learned:

- **Claire:** "I have this theory that Phil purposely installs complicated technology so he has a reason to talk to me like I'm a child."

- **Phil:** "I'm the cool dad. That's my thing. I'm hip. I surf the Web. I text: LOL, laugh out loud; OMG, oh my God; WTF, why the face."

- **Cameron:** "There's a fish in nature that swims around with babies in its mouth. That fish would look at Mitchell's relationship with his mother and say, 'That's messed up.'"

From the book *Modern Family: Wit and Wisdom from America's Favorite Family* (Hyperion)

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A publisher just asked me to write my autobiography, but they want it to be about Johnny Depp.

Conan O'Brien, via Twitter

A pig walks into a bar, orders 15 beers, and knocks them back.

"You've had a lot to drink. Would you like to know where the bathroom is?" asks the bartender.

"No," says the hog. "I'm the little pig that goes wee-wee-wee all the way home."

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PETER "HOPPER" STONE/COURTESY ABC

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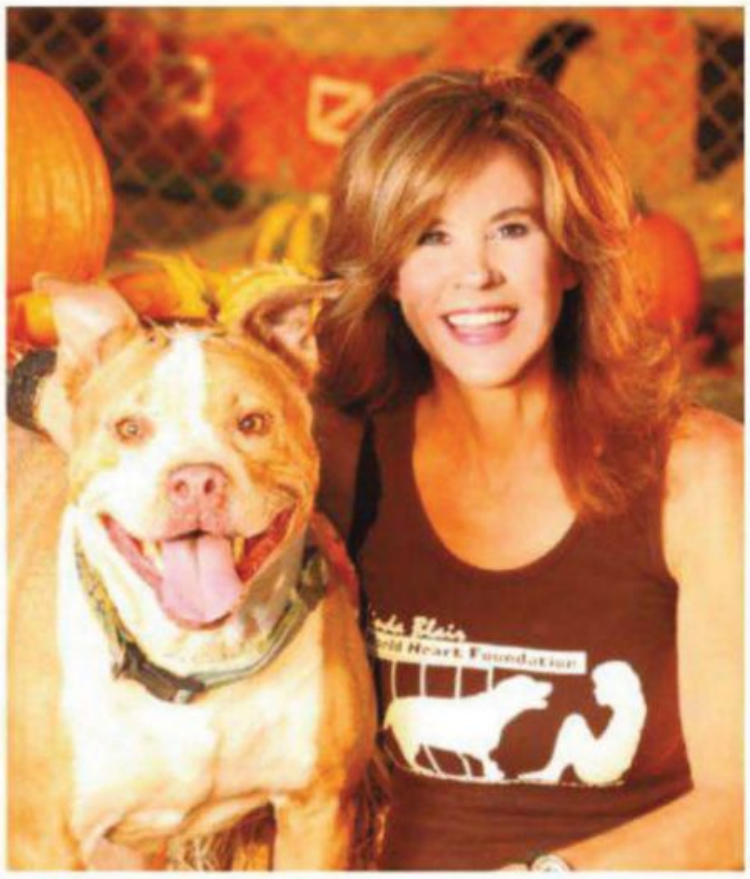

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Peace to You and Your Family at the Holidays

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LindaBlairWorldHeart.org

Life in These United States

The garage called to say that the car we had taken in to be serviced was ready.

"Great," I said. "My wife's in the bathroom 'getting beautiful,' and we'll be over as soon as she's finished."

The voice on the other end asked, "Will that be today?"

Norman Janssen, Port Orange, Florida

The Case of Dumb v. Idiot

Anyone can sue anyone else in the United States. Don't believe us? Here are actual case names that appeared in court.

- *Robin Hood, et al. v. US Gov. Banking Industry, et al.*
- *United States ex rel. Gerald Mayo v. Satan and His Staff*
- *Batman v. Commissioner*
- *Schmuck v. United States*
- *United States v. 2,507 Live Canary Winged Parakeets*

From loweringthebar.net

While watching the Olympics, my mother turned to my sister and said, "You just know the athletes' mothers are so proud of them. I'm proud of you girls, and you're nothing."

Leslie McClurg, Stillwater, Oklahoma

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"OK. You see me when I'm sleeping. You know when I'm awake ... but no way you follow me on Twitter, right?"

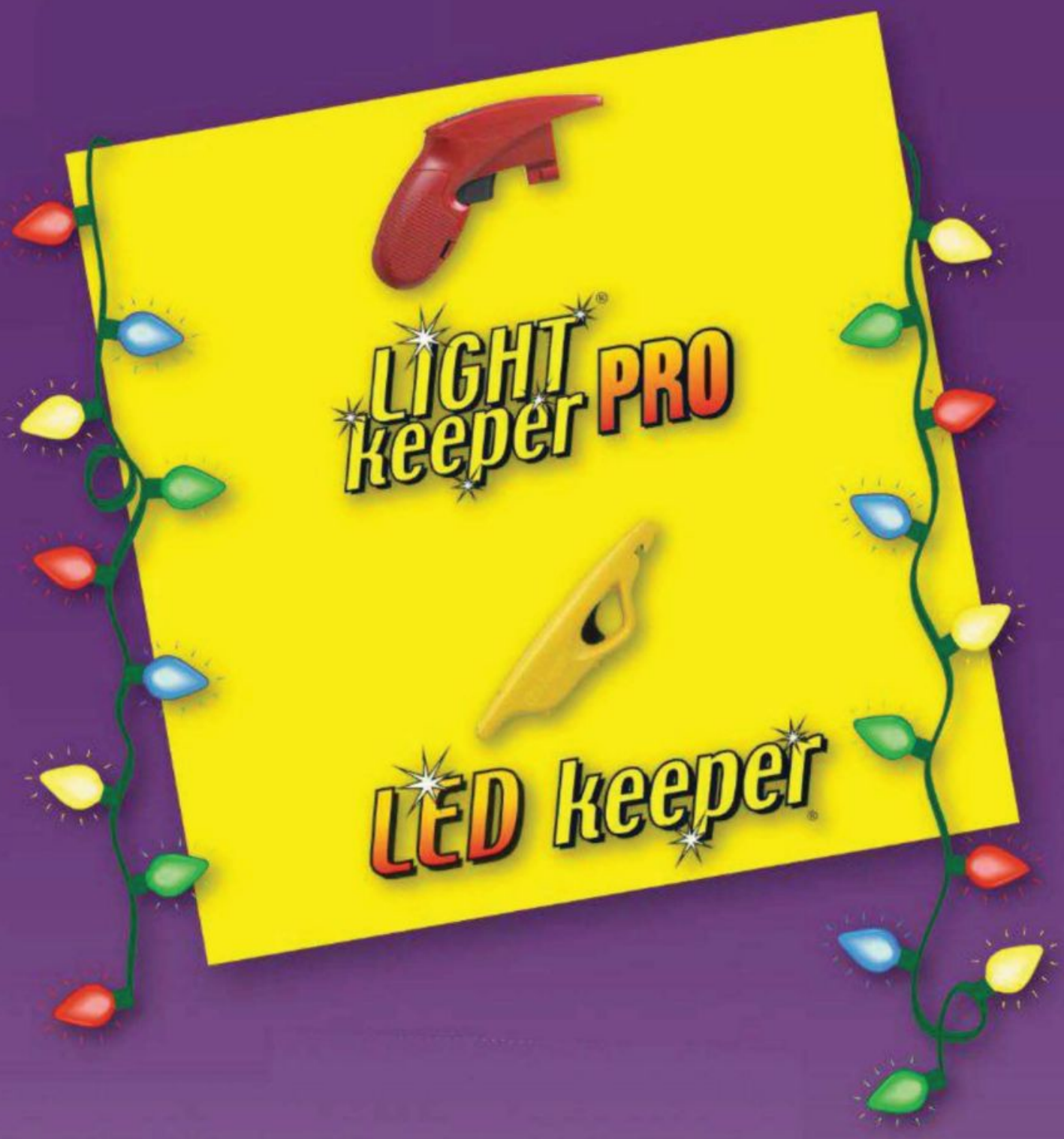
When my elderly friend told me about a lesbian she knew and how wonderful she thought she was, I figured it was the perfect time to fess up to her.

"You know, I'm a lesbian too," I said. "And so is the gal I live with."

"I didn't know that," she said, and then, shrugging, added, "but everyone has a right to their own religion."

Diane Robinette, Yuma, Arizona >>

ILLUSTRATION BY JOHN CALDWELL



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An hour after I'd put my seven-year-old son to bed, I heard him cry out. I ran to his room, where I found him sobbing.

"Mommy, I had a bad nightmare about a big monster," he said. "And he had a face just like yours."

Dorothy Amaral, Bridgeport, Connecticut

Scene: Our living room
Dad: Look at all the presents Santa left for you!
Me: Dad, this looks like your writing.
Dad: I let him borrow my marker.
Me: That wouldn't change his writing.
Dad: Well, we also had a couple glasses of wine.

From crazythingsparentssay.com

My wife asked me if I thought she looked fat in her new dress. Pointing to what I was wearing, I replied, "Do I look stupid in this shirt?"

Brian Rice, Maple Grove, Minnesota

... And One from Abroad

I was passing a funeral parlor with my four-year-old daughter just as the hearse pulled in.

"What's that funny-looking car?" she asked.

"It's used to take dead people to the cemetery," I explained.

She glanced at the driver and his stern-looking assistant dressed in black and replied, "Oh, yes, I can see one sitting in the front."

Susan Fitch, Suffolk, Great Britain

CALLING PICASSO!

When a Spanish octogenarian saw how a nearby church's 19th-century fresco (left) had deteriorated (center), she decided to take matters into her own hands and fix it, with decidedly mixed results (right). Says gawker.com: "It became clear to the amateur restorer—quickly, one imagines—that things had gotten out of hand, and she confessed to local authorities."

Source: gawker.com

RIGHT: CESAR MANSO/AFP/GETTY IMAGES

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All in a Day's Work

I Decline Your Rejection

This purported rejection of a rejection slip from an academic has been making the rounds online:

"Despite your university's outstanding qualifications and previous experience rejecting applicants, I find that your rejection does not meet my needs at this time. Therefore, I will assume the position of assistant professor in your department this August. Good luck rejecting future applicants."

WHAT HIRING MANAGERS ARE REALLY THINKING ...
We're pretty sure we won't hire you but not so sure that we'll stop wasting your time.
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user card

While reviewing math symbols with my students, I drew a greater-than (>) and a less-than (<) sign on the whiteboard.

"Does anyone know what these mean?" I asked.

A boy raised his hand: "One means fast-forward, and the other means rewind."

Peggy Horachek, Conch Key, Florida

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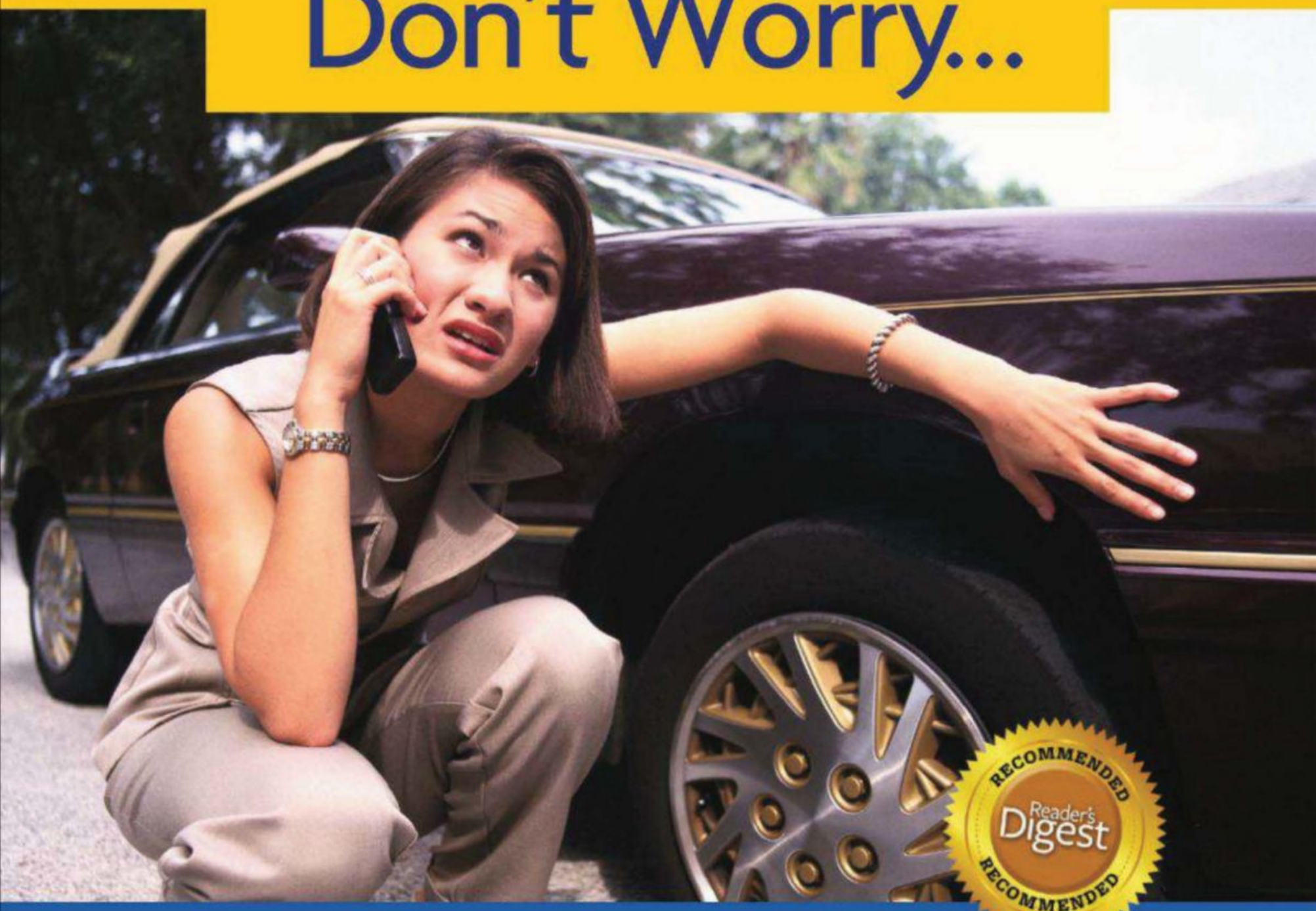
Mission Implausible

Clientsfromhell.net was established by freelance art directors and graphic designers who have seen the dark side of their customers—and survived. Here's what some clients have demanded:

- "Do what I meant, not what I said."
- "You're wasting way too much time on this project with thinking."
- "We love the copy, but we're wondering if there's a better word for *better*?"
- "Brochure looks great, but we'd prefer to use a photograph of Jesus instead of a painting." >>

COURTESY SOMEECARDS

Don't Worry...



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Signs of the Time

These businesses know it's all in how they sell themselves:

- Ad from a local gym: "If you're not satisfied with the results at our club, we'll give you your old body back."
- Sign spotted at a shoe store: "If we don't have your size, it's free!"
- The marquee at our neighborhood Mexican restaurant reads: "Open 24 hours in queso emergency."

Submitted by *Eleanor Guynn,* Vista, California; *Stuart McLennan,* New Braunfels, Texas; *Mary Mora,* San Antonio, Texas

Real estate agents are pulling out all the stops to sell homes. One particularly ingenious marketing ploy promised: "Free coffee with any purchase."

Matthew Kornegay, Cleveland, Georgia

Mr. Weed: Griffin! Are you sleeping on the job?
Peter Griffin: No. There's a bug in my eye, and I'm trying to suffocate him.

From *Family Guy*

I worked over the summer for a tour-bus company in Washington, DC. While we were driving past the Washington Monument, a woman asked me, "How do they get all the flags to fly in the same direction?"

From reddit.com

Overheard in the HR office: "I need my birth date to log on to my online benefits information. But I can't remember what year I pretended I was born when you hired me."

Nicole Holt, Pensacola, Florida

WHERE DO THE REST OF US GO?

Source: Cheezburger, Inc.

Doctor Say *What?!*

Here are some odd comments doctors wrote on their patients' charts.

- "The patient has been depressed ever since she began seeing me."
- "Patient had waffles for breakfast and anorexia for lunch."
- "She stated that she had been constipated for most of her life, until she got a divorce."
- "The patient was to have a bowel resection. However, he took a job as a stockbroker instead."
- "Patient has two teenage children but no other abnormalities."
- "She is numb from her toes down."

Source: pediatricnursing.com

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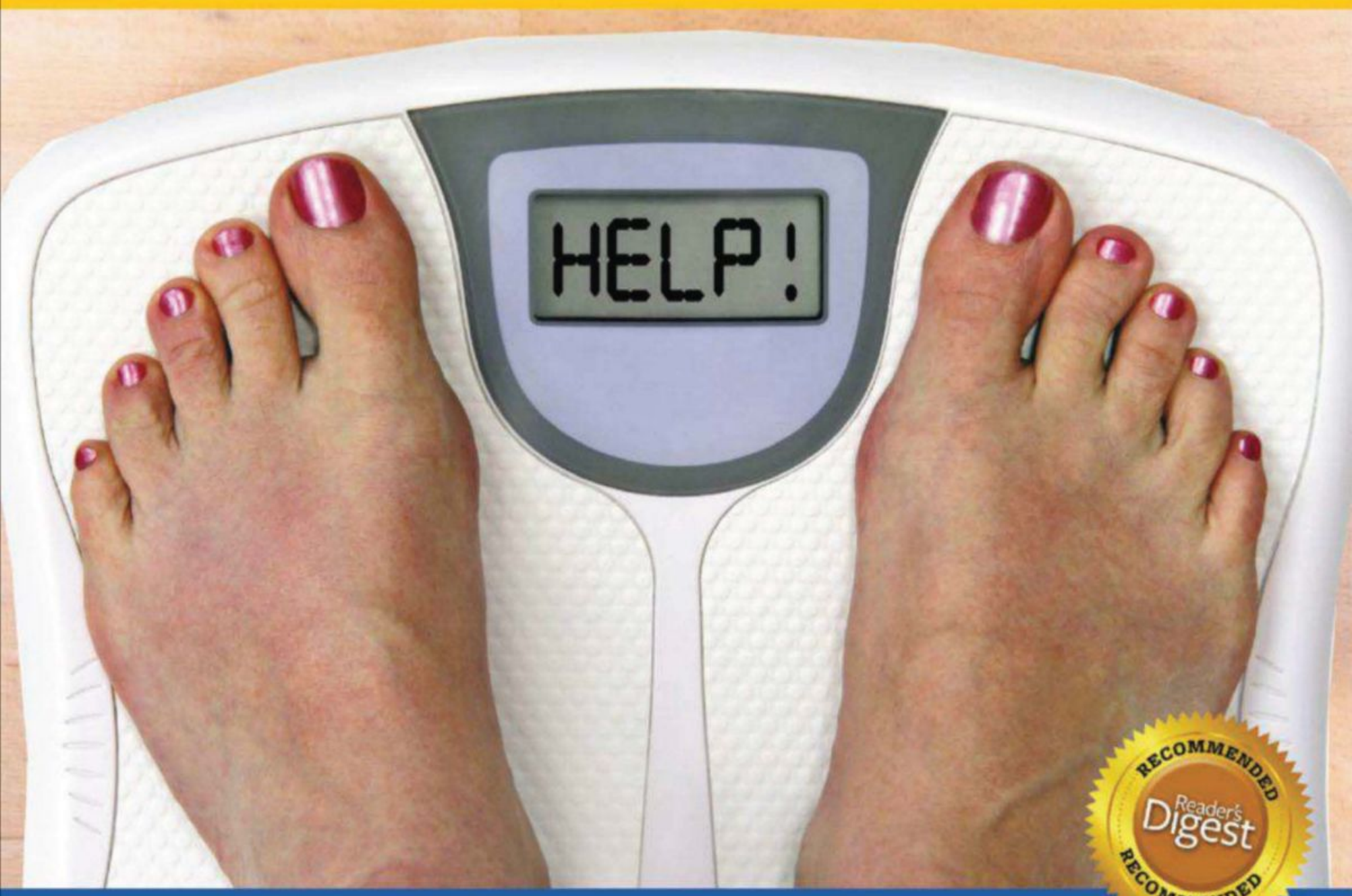

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Humor in Uniform

Comedian Paul Gilmartin has trouble imagining what our soldiers have to deal with in Afghanistan: "Desert combat? I can't even stand the walk back from the beach to the car."

In Iraq, my sergeant was not happy with the speed with which I was moving MREs (Meals Ready to Eat) from a non–air-conditioned building into an air-conditioned tent.

"Hurry up," he yelled. "The sun's going to ruin those MREs. Have you ever had a bad MRE?"

Moving a pallet, I grunted, "You ever had a good one?"

Chris Newton, Orem, Utah

I was on KP duty when the sergeant asked me what I did in civilian life.

"I was a geologist," I said.

"Perfect," he said, dropping a bulging sack onto the table. "You've got just the right qualifications to pick the rocks out of this hundred pounds of beans."

From GCFL.net

"I love your bling."

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ILLUSTRATION BY BENITA EPSTEIN

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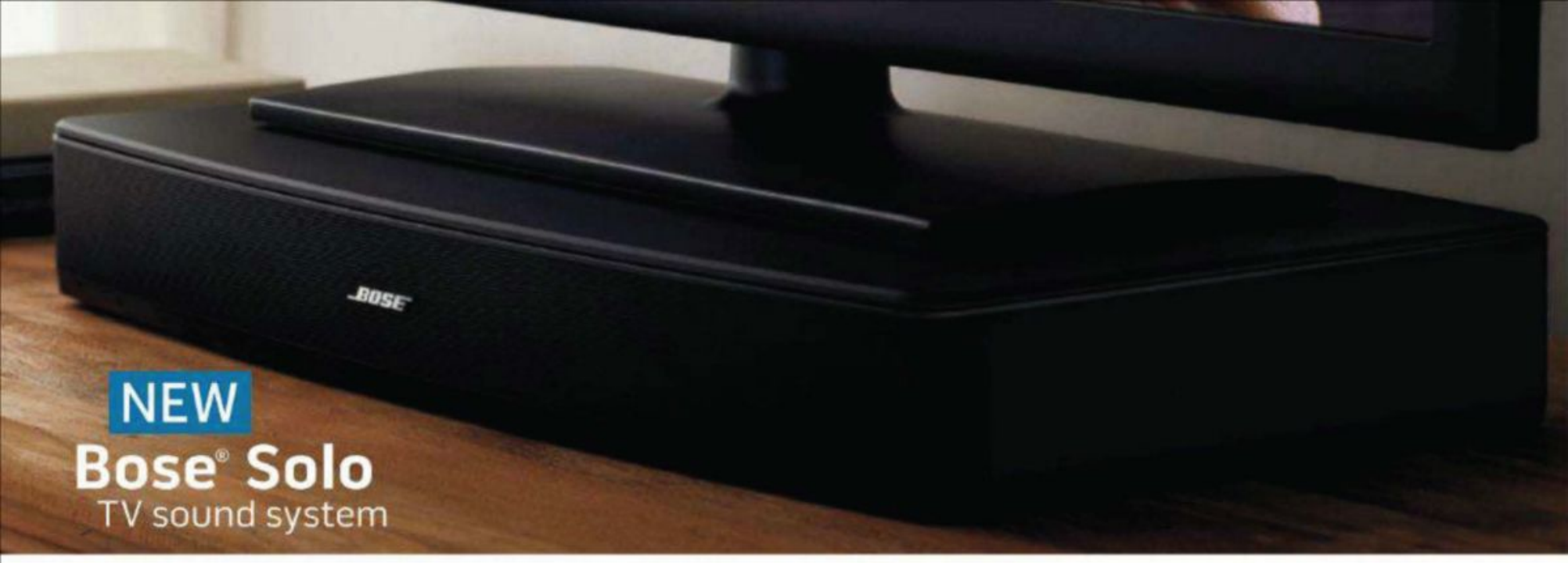
No purchase necessary to enter or win. Sweepstakes closes 2/16/13. Open to U.S. residents. Rates subject to change.



How can you watch every second of your favorite show and still miss so much?

Every TV show you watch has a world of sound within, but you may not be hearing it. That's because most flat-panel TVs have speakers that simply can't reproduce the depth and detail of all that sound, so it remains trapped inside. To solve that problem, we developed the Bose Solo TV sound system. It reveals so much more of the sound you're meant to hear, watching TV can feel like an entirely different experience.

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Better sound through research

*The Bose Solo TV sound system is designed for TVs with bases that are no wider than 20" and no deeper than 10.25". Most TVs up to 32" and many 40"-42" TVs meet these requirements.

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I'm breathing better, so now, I can be part of the picture.

IMPORTANT SAFETY INFORMATION ABOUT ADVAIR DISKUS 250/50

- Do not use ADVAIR to treat sudden, severe symptoms of asthma or COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure.
- **Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain long-acting beta$_2$-agonists for any reason.** Tell your doctor about medicines you take and about all of your medical conditions.
- **ADVAIR DISKUS can cause serious side effects, including:**
  - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; breathing problems.
  - **sudden breathing problems immediately after inhaling your medicine.**
  - **effects on heart:** increased blood pressure; a fast and irregular heartbeat; chest pain.
  - **effects on nervous system:** tremor; nervousness.
  - **reduced adrenal function (may result in loss of energy).**
  - **changes in blood (sugar, potassium, certain types of white blood cells).**
  - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur.
  - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).

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COPD? Ask your doctor about breathing better with ADVAIR.®*

ADVAIR helps improve your lung function so you breathe better. ***Results may vary.*** *Unlike most chronic obstructive pulmonary disease (COPD) medications, ADVAIR contains both an anti-inflammatory† and a long-acting bronchodilator working together to help improve your lung function. ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. ADVAIR DISKUS is not for, and should not be used to treat, sudden, severe symptoms of COPD. ADVAIR won't replace a rescue inhaler. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. Ask your doctor about ADVAIR.*

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

IMPORTANT SAFETY INFORMATION ABOUT ADVAIR DISKUS 250/50 (cont.)

- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR may increase the chance of getting pneumonia. Call your doctor if you notice any of the following symptoms: increase in mucus (sputum) production; change in mucus color; fever; chills; increased cough; increased breathing problems.

- **Common side effects of ADVAIR DISKUS 250/50 for COPD include:** thrush in the mouth and throat, throat irritation, hoarseness and voice changes, viral respiratory infections, headache, muscle and bone pain.

*Measured by a breathing test in people taking ADVAIR DISKUS 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.

†It is not known how anti-inflammatories work in COPD.

‡Restrictions apply. See ADVAIRCOPD.com for eligibility rules.

Please see Brief Summary of Important Safety Information about ADVAIR DISKUS on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

To get your first full prescription free and to save on refills‡ visit ADVAIRCOPD.com or call 1-877-200-4673.

GSK for you
If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

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ADVAIR DISKUS®
(fluticasone propionate and salmeterol inhalation powder)

BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting $beta_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.

- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
- **Get emergency medical care if:**
  - breathing problems worsen quickly and
  - you use your rescue inhaler medicine, but it does not relieve your breathing problems.

2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

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Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have diabetes**
- **have an immune system problem**
- **have thyroid problems**
- **have seizures**
- **have osteoporosis**
- **have high blood pressure**
- **have liver problems**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time

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- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

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Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

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GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:7MG January 2011

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AD5800R0 July 2012

Hometown Heroes

Vets Gallina (left) and Beatty (right) flank Morrell outside his renovated home.

Big Hearts, Better Homes

Back from war, two injured soldiers help other vets rebuild their lives

BY ALISON CAPORIMO

WITH REPORTING BY JAN GOODWIN

Gravely injured and disoriented, National Guard Spc. John Gallina squinted into the sun, desperately scanning the sand for a trace of his friend Staff Sgt. Dale Beatty.

It was November 15, 2004, a blistering 110-degree day in Bayji, Iraq, a windswept city about 120 miles north of Baghdad. Less than ten minutes earlier, Gallina had taken the wheel of a partially armored Humvee; Beatty rode shotgun, and two other soldiers sat in the back >>

PHOTOGRAPH BY TAMARA REYNOLDS

seat. Their mission was to provide security for an engineer unit combing the area for mines.

Suddenly, their vehicle launched into the air, floating in a shower of sand and smoke—they had driven over an antitank mine. The blast threw Beatty and the other two soldiers from the truck. Gallina's helmet flew off, his skull smashing into the truck's metal rafters. When rescue crews arrived, Gallina and Beatty were battered but alive.

"It's a lot more than bricks and mortar," says Beatty. "We can give vets back their dignity."

The other two soldiers also barely survived.

Gallina—diagnosed with mild traumatic brain injury, a wound that can erase short-term memory and cause intense mood swings and migraines—completed his tour of duty. Then he returned home to Statesville, North Carolina, where he and Beatty had met as teenagers in the National Guard.

Within days of the accident, Beatty had both of his legs amputated above the knee. While recovering at home with his wife and two kids, 40 miles north of Statesville, he got a surprising call from the Iredell County Builders Association in Statesville: Some of their contractors, many of whom were vets, had volunteered to build the local hero a new wheelchair-accessible house with a custom shower and wide-frame doors. Beatty volunteered to team up with the builders and ended up working on many of the projects himself. "Building the house became one of my goals to prove that I could still take care of myself and my family," says Beatty, now 34.

As construction on the house wound down, Beatty, determined to provide other wounded vets with customized homes, reached out to his buddy Gallina, now 33, with an idea: to create a nonprofit organization using volunteers to remodel existing houses or build new ones for disabled vets. "I told [Gallina] that we should make what happened to me a reality for others," says Beatty.

The old friends pooled their modest veteran pensions to create Purple Heart Homes. The group persuaded banks like Wells Fargo and Maryland-based financial group NewDayUSA to donate foreclosed homes and inspired some contractors to offer their services for free.

Former aviation specialist Kevin Smith was one of the first vets to get help, after he found out about Purple Heart Homes through a chance meeting with Gallina's mother. He had returned injured from Vietnam in 1978 and often used a wheelchair. Navigating from his front door to the driveway was nearly impossible. "There were steps, but there was no railing, so I couldn't get into and out of the house very easily," says Smith. The Purple Heart Homes

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crew installed a ramp that allows Smith to roll right out the door.

David Morrell, also a Vietnam vet, returned from war with type 2 diabetes, which led to the amputation of his left leg. Gallina and Beatty met Morrell at a local coffee shop that serves as a gathering place for vets. "They really surprised me when they said they could fix up my house," he says. Purple Heart Homes eventually removed carpet, widened hallways, and added ramps. Morrell thanked them by joining the group as a fund-raiser.

So far, Beatty and Gallina have overseen the completion of ten projects in North Carolina, Connecticut, Georgia, Ohio, Tennessee, and New York. "It's a lot more than bricks and mortar that we are giving people," says Beatty. "We can help give them back their dignity."

Teens Save Teen on Social Media

Friends use Facebook to avert a student's suicide

Call it a lifesaving twist of fate: One night in February, Danny Manes, 17, and Gary Ramirez, 19, were chatting online about the best way to reach at-risk kids, when they came across a teen's Facebook status that expressed suicidal feelings. "He was posting apologies and goodbyes on his friends' walls," remembers Ramirez. Manes and

COURTESY MIKE SWEENEY/*PUEBLO CHIEFTAIN*

Helping a troubled teen "was the scariest experience of my life," says Ramirez, right, with Manes.

Ramirez, who live in Pueblo, Colorado, were Facebook friends but had never met.

The boys each sent private messages to the troubled teen, who went to Manes's high school, asking him to reconsider. "We chatted for hours," says Manes. When the boy typed that he still planned to end his life, Ramirez called the police, who arrived at the boy's home in time to save him. The next day, the boy texted Ramirez: "If it weren't for you, I'd be dead right now." "To know that this kid's life was in our hands was really scary," says Ramirez.

The boys have since created a teen-suicide-prevention page on Facebook, Hopeline4Teens, and Twitter and Tumblr accounts for EncourageTheYouth, another place where kids can ask for advice, post their thoughts, and support other kids.

Caitlin O'Connell

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CONTEST WINNERS

America's Most Interesting Towns

We've unveiled a total of seven winning towns and why they stood out for us—and for you, as evidenced by the votes you cast for them on rd.com. Here are three more. Next month: our grand-prize winner! BY DAMON BERES

1 Most Interesting NICKNAME

Locals call it Mayberry. Mount Airy, North Carolina, was Andy Griffith's birthplace and the inspiration for the hit 1960s TV program *The Andy Griffith Show*. Now companies in town offer tours—in a vintage Mayberry squad car—of Opie's Candy Store and other hot spots. A museum dedicated to the town's most famous resident opened in 2009.

2 Most Interesting LEGEND

According to lore, a newspaper editor in Polo, Illinois, offered eccentric resident Henry Spickler (right) a new bicycle for an interesting story. Without a cent in his pocket, Spickler set off on two wheels on a 40,000-mile quest through 20 countries, taking odd jobs, like cleaning ditches in Ireland. Called the "local loony," Spickler published a book about his travels in 1922.

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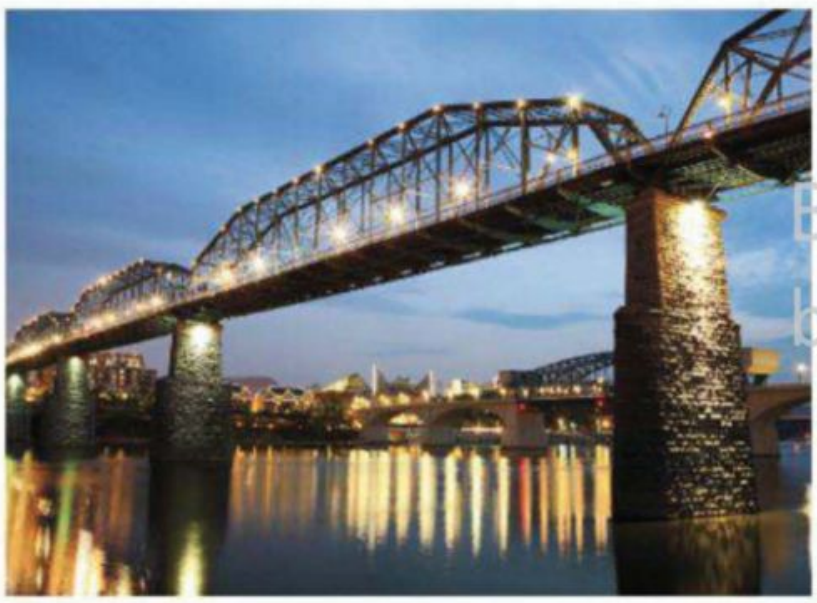

3 Most Interesting SCENIC VIEW

Recent waterfront revitalization in Chattanooga, Tennessee, has helped the city shake its reputation as a polluted foundry town. A ten-mile river walk, improved hiking and biking trails, and riverboat cruises present a variety of pretty views. Here, Chattanooga's Walnut Street bridge, the longest pedestrian bridge in world, spans the Tennessee River.

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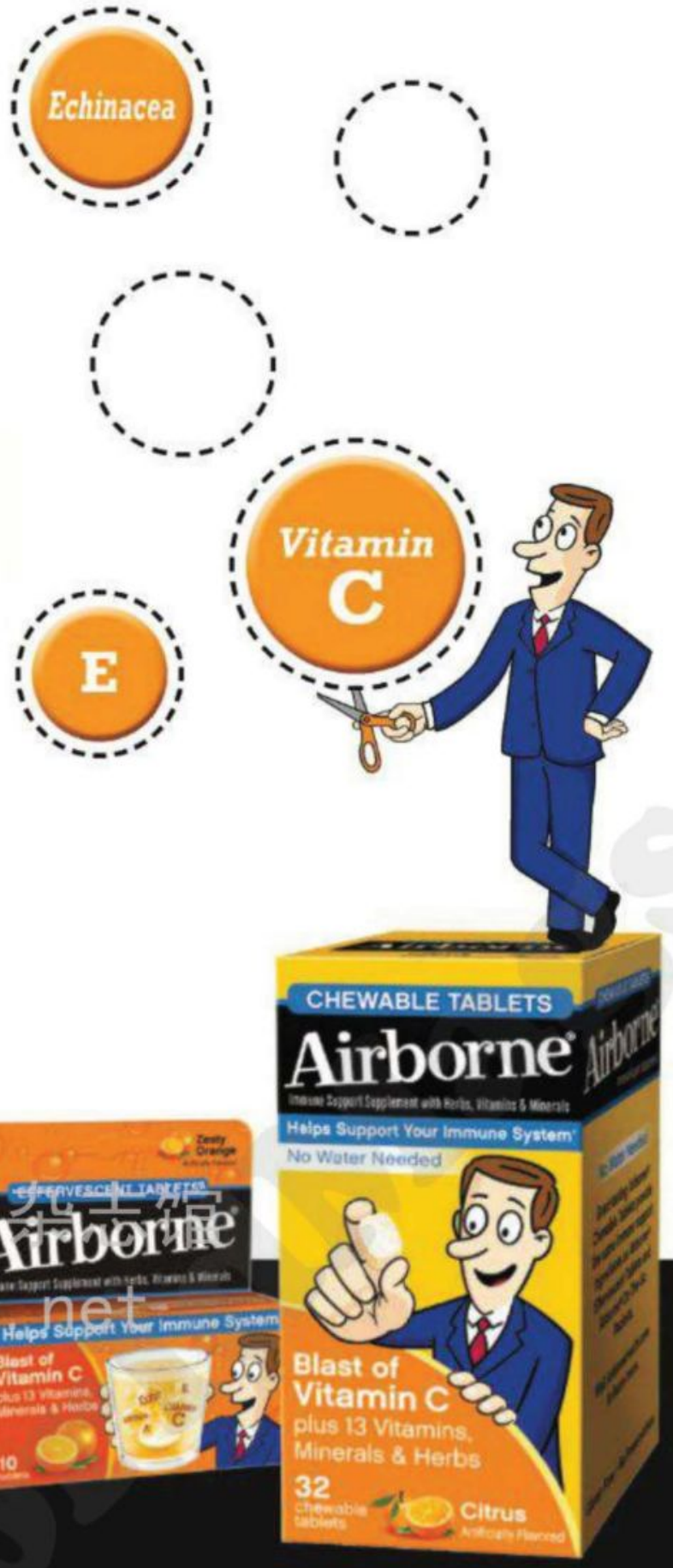
FROM TOP: HOBART JONES/COURTESY JESSICA I. ROBERTS FOR MOUNT AIRY CHAMBER OF COMMERCE; COURTESY POLO, ILLINOIS, HISTORICAL SOCIETY; GETTY IMAGES

Get Real Immune Support



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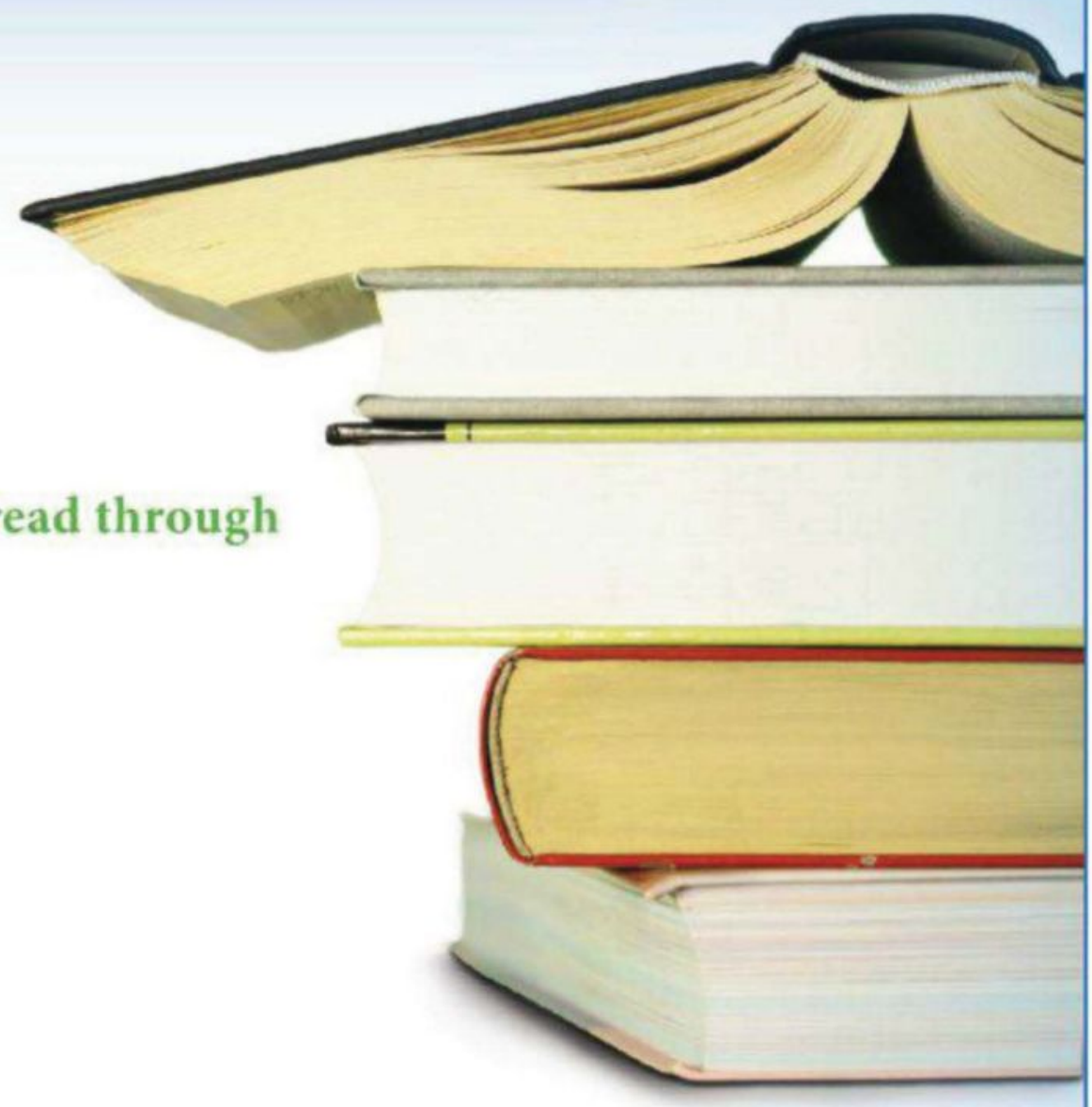

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The Digest

The Best for December

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Neon Nights

Scandinavians thought the aurora borealis was a reflection of large schools of herring. Scots called these dazzling sky ribbons "merry dancers." Eskimos said they were spirits playing ball with a walrus skull. To us, they're the northern lights, thought to be the result of solar winds hitting gas molecules. Whirling and flaring, they light up the sky 50 to 200 miles above earth.

ROBERT POSTMA/CORBI

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FAST IDEAS

20 Appetizer Recipes (in 20 Words or Less)

To kick off a season of merrymaking, we combed our favorite magazines and blogs for fast, crowd-pleasing ideas

DO THE DIP

1 Pea "Hummus" Puree 1 cup thawed peas, 2 tbs. tahini, 1 minced garlic clove, and 2 tbs. lemon juice in food processor until smooth. Garnish with peas, olive oil.

Whole Living

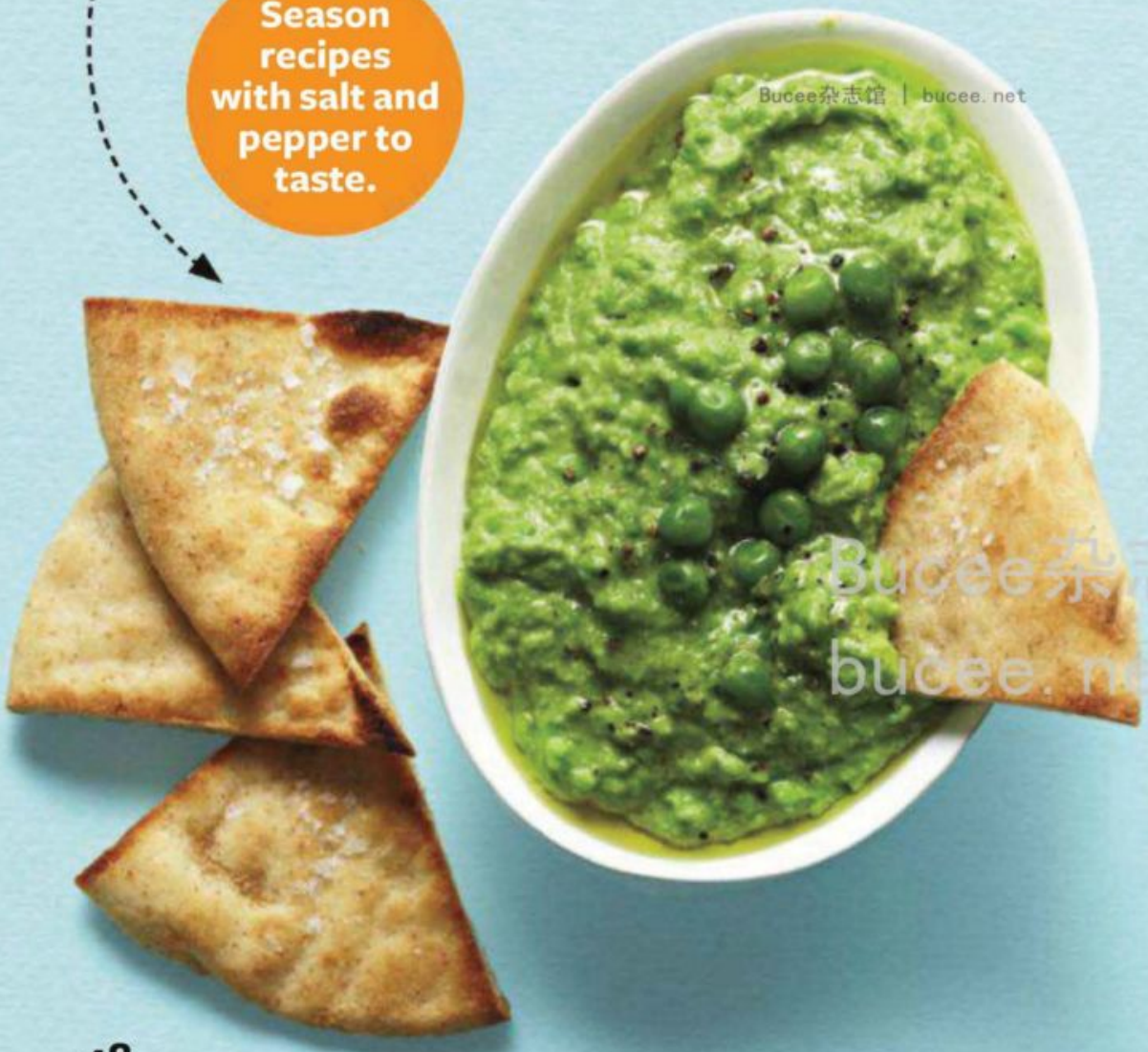
2 Pimento Cheese Dip Combine ½ lb. grated sharp cheddar, ½ cup mayonnaise, 1 (4-oz.) jar drained and diced pimientos, and ½ tsp. horseradish (or hot sauce) in a bowl.

designsponge.com

3 Cheeseburger Dip Combine 1 lb. cooked ground hamburger, 1 lb. American or Velveeta cheese, 1 can tomatoes with green chilies, and 1 cup shredded mozzarella. Microwave; top with chopped scallions.

recipe.com

Season recipes with salt and pepper to taste.



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EASY CHEESY

4 Pistachio-Covered Cheese Log Beat 1 bar cream cheese, 1 cup grated cheddar, 1 tbs. mustard, and 1 tsp. Worcestershire. Refrigerate. Shape into log; roll in chopped toasted pistachios. Chill.

Everyday Food

5 Buffalo-Style Celery Sticks Mix together 2 oz. each blue cheese and cream cheese. Stuff 6 celery stalks with mixture. Top with cayenne pepper.

Everyday Food

PHOTOGRAPHS BY YUNHEE KIM

FOOD STYLIST: STEPHANA BOTTOM; PROP STYLIST: ELIZABETH MACLENNAN FOR PAT BATES AND ASSOCIATES

6 Baked Feta with Capers and Tomatoes Place feta cheese, chopped tomatoes, red onions, capers, oregano, and olive oil on foil. Wrap; bake at 350°F for 15 minutes. Lottie + Doof

7 Spinach-Artichoke Dip Heat 1 cup frozen spinach and 1½ cups artichokes. Add 6 oz. warmed cream cheese, ¼ cup sour cream, ¼ cup mayonnaise, ⅓ cup Parmesan, ½ tsp. red pepper flakes, and ¼ tsp. garlic powder. Heat.

Alton Brown

FILL-YOU-UP FARE

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8 Red-and-Green Shrimp Serve shrimp cocktail with cocktail sauce (red) and salsa verde or pesto (green).

myrecipes.com

9 Hummus Deviled Eggs Mix 5 or more yolks from 12 hard-boiled eggs with 1 cup hummus. Pipe into eggs, garnish with parsley and smoked paprika. food52.com

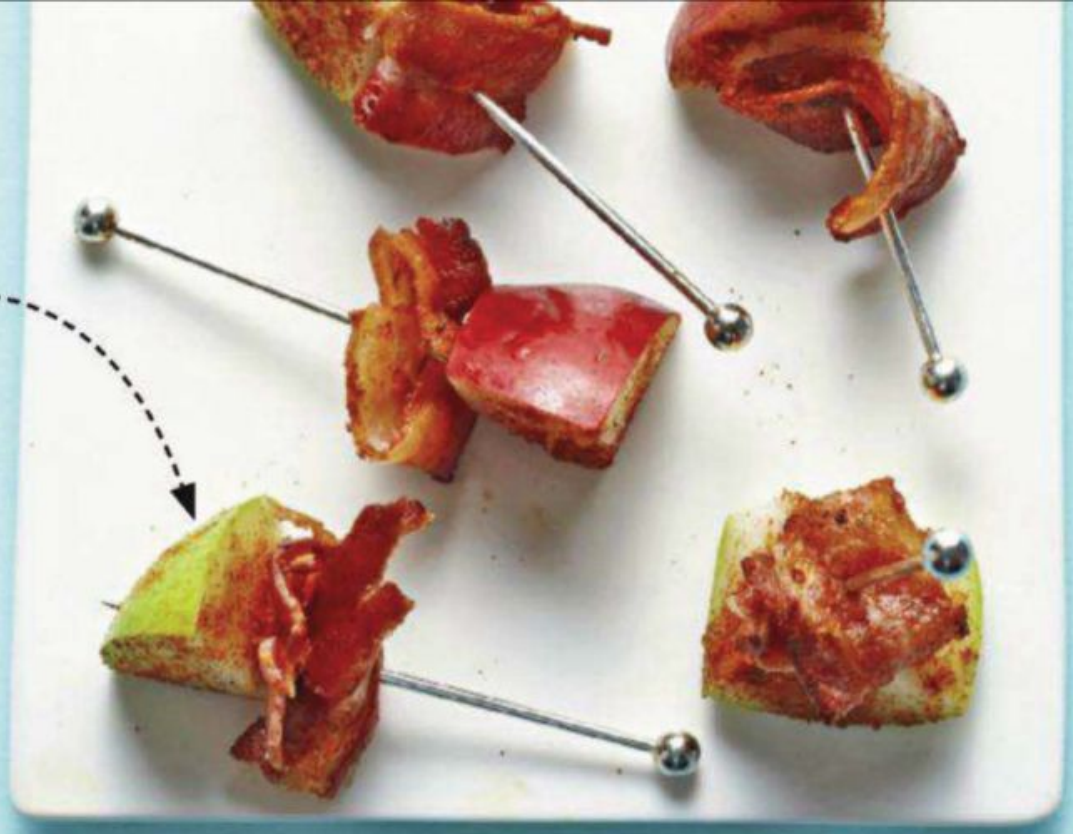
10 Edamame Boil fresh or frozen edamame in pods 3 to 5 minutes. Sprinkle with coarse salt. For this, they charge you eight bucks.

Mark Bittman

11 Hot Dog Bites Broil a good hot dog, roll in a tortilla spread with brown mustard. Slice. You know everyone will eat them. Mark Bittman

12 Avocado Crostini Toast crusty bread; top with mashed avocado, olive oil, coarse salt, and pepper.

Country Living



13 Bacon-and-Pear Bites Cut just-ripe pears into ½-inch cubes; sprinkle with salt, sugar, and cayenne pepper. Put on a toothpick with crispy bacon. Mark Bittman

CRUNCHY MUNCHIES

14 Spicy Maple Nuts Mix 2 cups each pecans, almonds, and walnuts with ¼ cup maple syrup, 2 tbs. olive oil, 2 tbs. chopped herbs, and ¼ tsp. cayenne. Bake for 15 minutes at 350°F. *Food & Wine*

15 Popcorn with Parmesan and Thyme Toss plain popped popcorn with olive oil, grated Parmesan, chopped fresh thyme, and lemon juice. kitchenetteblog.com

16 Roasted Chickpeas Toss 1 can rinsed, drained, dried chickpeas with olive oil, salt, and spices (like Creole blend, cumin, paprika). Roast at 400°F, 30 to 40 minutes. steamykitchen.com

17 Beyond Simple Chips Buy decent tortilla chips; sprinkle with lime juice and chili powder. Eat fast, before they get soggy. Mark Bittman

18 Greek-Style Nachos Top pita chips with feta, roasted red peppers, pepperoncini. Bake until melted; top with chopped tomatoes, olives, Greek yogurt. Cat Cora

NICE AND SWEET

19 Salted Caramel Apple Dip Combine 8 oz. cream cheese, ¼ cup brown sugar, ¾ cup caramel sauce, 1 tsp. vanilla, and a pinch of salt. Serve with apple slices. cooks.com

20 White Chocolate Grapes Melt white chocolate chips in microwave-safe bowl. Dip grapes in chocolate and then sugar or sprinkles. Refrigerate until set. *Food & Wine*

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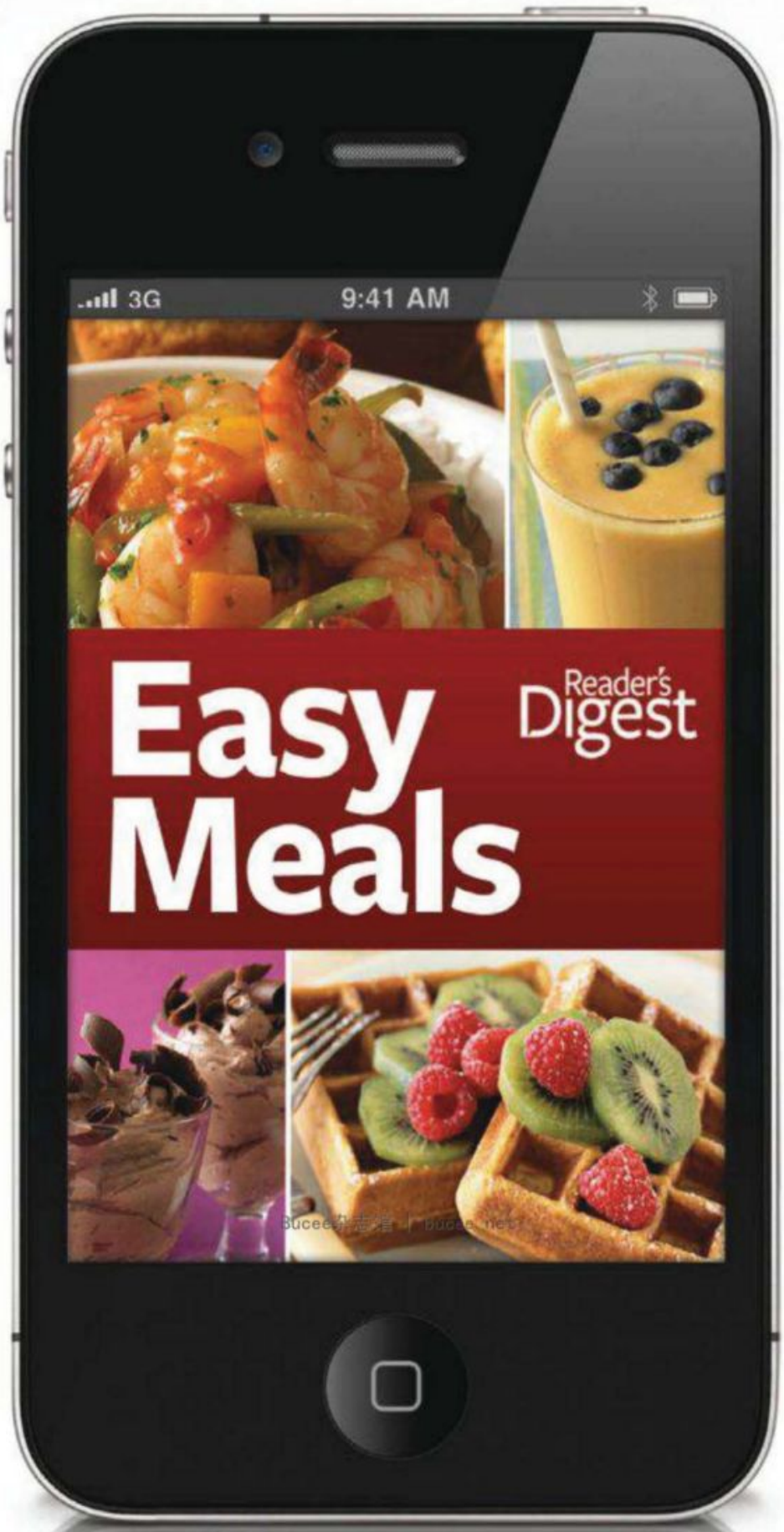

THIS IS YOUR SECRET INGREDIENT

From coffee beans to applesauce, find delicious recipes for everything in your pantry

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Reader's Digest

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ILLUSTRATION BY SHAW NIELSEN

EATER'S DIGEST

The United States of Treats

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What's on your holiday table? It depends on where you live! Here are the most-asked-for festive dishes and the states where they're most popular, based on Google searches.

ALASKA Eggnog
CALIFORNIA Dungeness Crab
GEORGIA Honey-Baked Ham
MASSACHUSETTS Latkes
MISSISSIPPI Pecan Pie
NORTH CAROLINA Fruitcake
OREGON Peppermint Bark
PENNSYLVANIA Gingerbread Men
UTAH Hot Chocolate
VERMONT Apple Cider
WISCONSIN Christmas Cookies
WYOMING Prime Rib

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Get the recipes for many of these favorites—and over 1,000 more—in *Taste of Home*'s new *Best Loved Recipes*.

Source: Google

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It's the taste that always brings you back. And always makes you smile.

It's amazing what soup can do.®

Simply Saucy Bacon-Wrapped Pork Loin

INGREDIENTS

4 lb. boneless center-cut pork loin roast (untied), fat and silver skin trimmed
1 1/2 tsp. kosher salt
1 tsp. ground black pepper
1 tbsp. vegetable oil
8 to 9 bacon slices
1 c. barbecue sauce

DIRECTIONS

Preheat oven to 450°F. Season pork with salt and pepper. Heat oil in large skillet over medium-high heat. Add pork and brown on all sides, about 6 min. Transfer to plate, cool for 10 min. Wrap bacon slices around roast; do not overlap bacon. Tie lengthwise and crosswise with kitchen string to hold bacon in place; tuck bacon ends under string. Place on rack in roasting pan, tucked-end side down. Roast 15 min. Turn pork over, reduce temperature to 350°F; roast 15 min. Remove rack and return pork to pan, tucked-end side up. Roast turning occasionally for about 50 min., until bacon is browned and thermometer inserted in center of roast reads 145°F. Remove from oven and let stand for 10 min.

Skim fat from pan juices, leave browned juices in pan. Add barbecue sauce and your preferred ingredient (see Simple Sauces*). Simmer over medium heat, stirring to loosen browned bits in pan; simmer 2 min.

Remove strings, carve pork and serve with sauce.

Serves 10

*SIMPLE SAUCES

Choose one ingredient for your sauce:

Savory: Whisk 2 tbsp. Dijon mustard into sauce
Spicy: Stir 2 tbsp. pickled jalapeños, drained and finely chopped, into sauce
Fruity: Stir 8.25 oz. can crushed pineapple, drained, into sauce
Smoky: Add 1-2 minced chipotle chilies in adobo (canned) to sauce

Scan QR code for this recipe and share it with friends.

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HANDY HELPER

Table Setting Etiquette

These simple memory helpers make manners easy

Q: Is that my drink? Which bread plate is mine?

A: Think *b* and *d*. Curl your thumbs and forefingers in to form the letters *b* and *d*. The *b* side (left) is your bread plate; the *d* side (right) is your drink.

Q: Which side of the plate does the fork go on?

A: Think "leFt" equals "Fork"—put it on the left.

Q: What about the knife?

A: Imagine that the brave knife protects the spoon from the evil fork—place it next to the plate on the right side, blade facing in and on guard.

Source: thedailymeal.com

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PHOTOGRAPH BY YUNHEE KIM; PROP STYLIST: ELIZABETH MACLENNAN FOR PAT BATES AND ASSOCIATES

Be entertaining

Simply Saucy Bacon-Wrapped Pork Loin

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Everything's better with bacon, and this Bacon-Wrapped Pork Loin is no exception. Topped with one of four flavorful sauces, it's simple to make and sure to impress. For more inspired entertaining ideas, visit PorkBeInspired.com

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- Cilantro helps support the natural removal of environmental metals from the body*
- Schizandra berry supports the liver's natural detoxification pathways*

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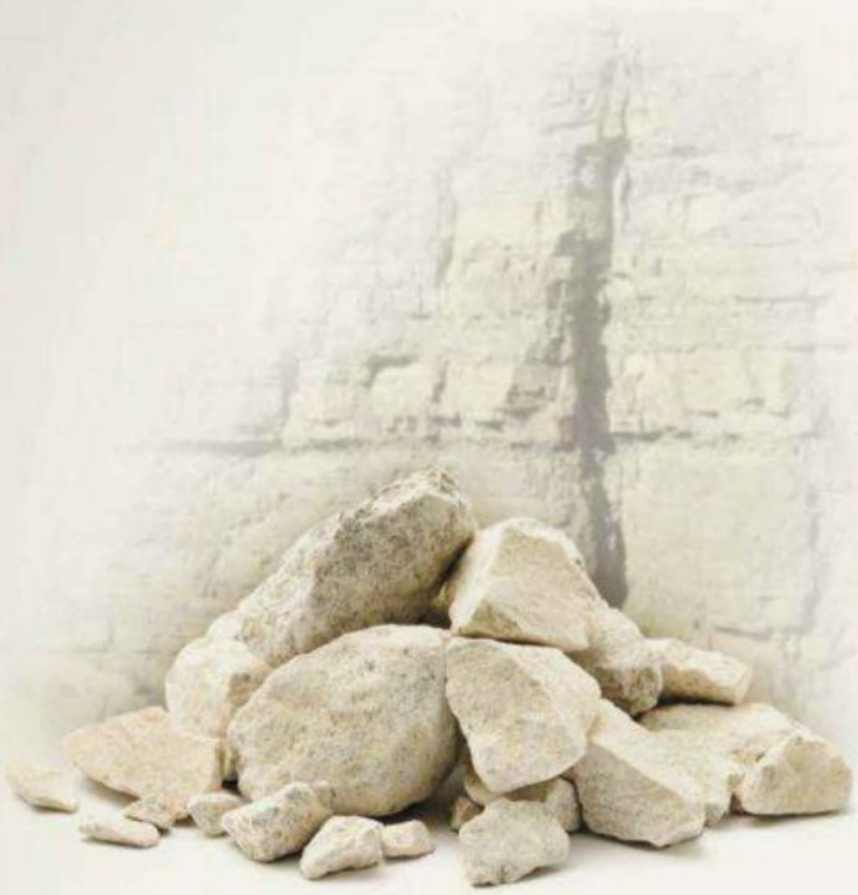
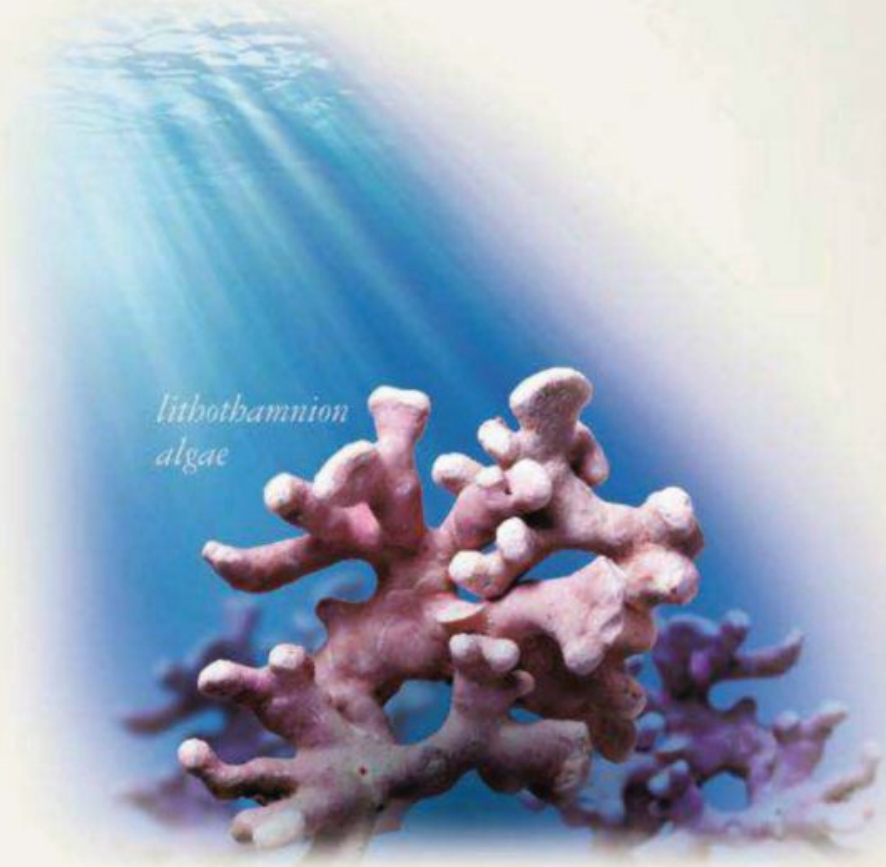
New Chapter offers a complete line of condition-specific herbal blends.

Learn more at
NewChapter.com/Take-Care

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





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FROM NEWCHAPTER
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MoneyDigest
EDITED BY DAVID NOONAN

ADVICE

13 Things Your Mall Salesperson Won't Tell You

BY MICHELLE CROUCH

Some chain stores charge higher prices in more affluent areas.

1 If your cart is vibrating, proceed with caution. Some retailers are adding raised floor tiles and carpet to certain areas because they make you walk more slowly, giving you extra time to check out the goods. Studies show it can boost your spending by up to 8 percent.

2 If you can, skip the shopping cart altogether, or at least carry a smaller basket. Studies show that you buy up to 40 percent more if we double the size of your cart, because you subconsciously want to fill it.

3 When you find what you're looking for, use a price-comparison app like RedLaser or Google Shopper to see if the same item is cheaper somewhere else. You can also ask the salesperson to call you if the price drops.

4 We often have better deals on weekdays. That's when new merchandise comes in, so we

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do markdowns then. Plus, store traffic is slow, and we're trying to bring people into the store.

5 If something sold at a mall kiosk catches your eye, remember that kiosks pay the highest rent per square foot, so chances are you're not getting a bargain.

6 Just because something is at the end of an aisle with a big, bold price tag doesn't mean it's on sale. Manufacturers pay for the privilege of being there.

7 Please do invite your friend or husband to join you at the mall. When you have company, you always buy more.

8 Don't be too surprised at poor customer service. Most retailers barely train their workers, pay them close to minimum wage, and ask them to do everything from cleaning toilets to unloading merchandise. The average length of employment: 90 days.

9 There's a reason we call our register displays "impulse towers." Avoid them.

10 Clearance areas are designed to make you feel like you're on a treasure hunt. There are some amazing buys. But we also know that after searching the racks for 20 minutes, you'll likely decide something is a treasure even if it isn't. >>

GETTY IMAGES

FOR FUN

SECRETS FROM A MALL SANTA

- **I'm not an orthodontist.** Don't ask me to tell your child why she needs to stop sucking her thumb.
- **Shhhhh, don't tell ...** But a few of us are Jewish.
- **Being Santa can be ...** complicated. When my daughter was in grade school, the teacher requested a conference to discuss some issues: "She's under the firm belief that you are Santa Claus."
- **I'm not a puppy.** So please don't pet me like one.
- **It's hard not to sweat in our heavy wool suits.** To make sure we smell nice, some of us sprinkle baby powder in our beards; others use evergreen-scented colognes and sprays. And we're always sucking on breath mints.
- **Think your child's request is over-the-top?** I've been asked for giraffes, pigs, and elephants, for visits from Hannah Montana and Elmo, and even for a cookbook for Mom because she's not a good cook.
- **I love the kids, but my favorites are the little old ladies in nursing homes.** When they sit on my lap (which they love to do!), they turn into kids themselves, and their favorite Christmas memories come pouring out.

M.C.

Sources: Santas in California, Illinois, Iowa, and Rhode Island

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One application
90 DAYS AT A TIME

ESTRING® (estradiol vaginal ring) treats the postmenopausal symptoms of vaginal atrophy.

So just when you're at the age when you should be able to sit back and relax, your postmenopausal body ups and spoils things with:

- Vaginal dryness, burning, or itching
- Sudden urge to urinate
- Painful sexual intercourse
- Painful urination

If you can speak to your doctor about your symptoms, you may be well on your way to joining the many other women who have found relief with ESTRING. It's the soft, flexible vaginal ring that gives you a steady low dose of estrogen continuously for 90 days.

Ask your doctor if ESTRING is right for you. Visit ESTRING.COM.

ESTRING is used after menopause to treat moderate to severe vaginal itching, burning and dryness, painful intercourse, urinary urgency, and painful urination due to urogenital atrophy.

Important Safety Information

Estrogens increase the risk of cancer of the uterus. It is important that you report any unusual vaginal bleeding to your doctor right away. Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes, or dementia. Using estrogens with or without progestins may increase your risk of heart attack, stroke, breast cancer, or blood clots. Using estrogens with or without progestins may increase your risk of dementia, based on a study of women aged 65 years or older. Estrogens should only be used for as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment with ESTRING.

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ESTRING should be removed after 90 days of continued use. Do not use ESTRING if you have unusual vaginal bleeding, have or have had cancer of the breast or uterus, had a stroke or heart attack, have or have had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant.

The most frequently reported side effects are headaches, increased vaginal secretions, vaginal discomfort, abdominal pain, and genital itching.

Call your healthcare provider right away if you have any of the following warning signs: breast lumps, unusual vaginal bleeding, dizziness and faintness, changes in speech, severe headaches, chest pain, shortness of breath, pain in your legs, or changes in vision.

Carefully follow instructions for use. If you have any difficulty removing ESTRING, contact your healthcare provider right away.

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of Safety Information on following page.

MAYBE IT'S TIME TO TALK ABOUT THE RING℠

Once for 90 days
Estring®
(estradiol vaginal ring) 2 mg

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Vertamags

ESTRING® (estradiol vaginal ring) **Rx Only**

BRIEF SUMMARY: Consult the full Prescribing Information for complete product information.

WARNINGS

ENDOMETRIAL CANCER: Adequate diagnostic measures, including endometrial sampling when indicated, should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. (See **WARNINGS, Malignant neoplasms, *Endometrial cancer***.)

CARDIOVASCULAR AND OTHER RISKS: Estrogens with or without progestins should not be used for the prevention of cardiovascular disease or dementia. (See **CLINICAL STUDIES** in full prescribing information and **WARNINGS, Cardiovascular disorders** and **Dementia**.) The Women's Health Initiative (WHI) estrogen alone substudy reported increased risks of stroke and deep vein thrombosis (DVT) in postmenopausal women (50 to 79 years of age) during 6.8 years and 7.1 years, respectively, of treatment with daily oral conjugated estrogens (CE 0.625 mg) relative to placebo. (See **CLINICAL STUDIES** in full prescribing information and **WARNINGS, Cardiovascular disorders**.) The estrogen plus progestin WHI substudy reported increased risks of myocardial infarction, stroke, invasive breast cancer, pulmonary emboli, and DVT in postmenopausal women (50 to 79 years of age) during 5.6 years of treatment with daily oral CE 0.625 mg combined with medroxyprogesterone acetate (MPA 2.5 mg), relative to placebo. (See **CLINICAL STUDIES** in full prescribing information and **WARNINGS, Cardiovascular disorders** and **Malignant neoplasms, *Breast cancer***.) The Women's Health Initiative Memory Study (WHIMS), a substudy of the WHI, reported increased risk of developing probable dementia in postmenopausal women 65 years of age or older during 5.2 years of treatment with daily CE 0.625 mg alone and during 4 years of treatment with daily CE 0.625 mg combined with MPA 2.5 mg, relative to placebo. It is unknown whether this finding applies to younger postmenopausal women. (See **CLINICAL STUDIES** in full prescribing information and **WARNINGS, Dementia** and **PRECAUTIONS, Geriatric Use**.) In the absence of comparable data, these risks should be assumed to be similar for other doses of CE and MPA and other combinations and dosage forms of estrogens and progestins. Because of these risks, estrogens with or without progestins should be prescribed at the lowest effective doses and for the shortest duration consistent with treatment goals and risks for the individual woman.

INDICATIONS AND USAGE: ESTRING is an estrogen indicated for the treatment of moderate to severe urogenital symptoms due to postmenopausal atrophy of the vagina (such as dryness, burning, pruritus and dyspareunia) and/or the lower urinary tract (urinary urgency and dysuria).

CONTRAINDICATONS: ESTRING vaginal ring should not be used in women with any of the following conditions: 1. Undiagnosed abnormal genital bleeding. 2. Known, suspected, or history of cancer of the breast. 3. Known or suspected estrogen-dependent neoplasia. 4. Active deep vein thrombosis, pulmonary embolism or a history of these conditions. 5. Active or recent (within the past year) arterial thromboembolic disease (for example, stroke and myocardial infarction). 6. Known liver dysfunction or disease. 7. Known hypersensitivity to any of the ingredients in ESTRING. 8. Known or suspected pregnancy.

WARNINGS

ESTRING is a vaginal administered product with low systemic absorption following continuous use for 3 months (see CLINICAL PHARMACOLOGY, Pharmacokinetics, **Absorption** in full prescribing information). The estrogen plus progestin substudy of WHI utilized systemically-absorbed oral estrogen/progestin. However, the warnings, precautions, and adverse reactions associated with oral estrogen and/or progestin therapy should be considered in the absence of comparable data with other dosage forms of estrogens and/or progestins. **1. Cardiovascular disorders:** An increased risk of stroke and deep vein thrombosis (DVT) has been reported with estrogen alone therapy. An increased risk of stroke, DVT, pulmonary embolism, and myocardial infarction has been reported with estrogen plus progestin therapy. Should any of these occur or be suspected, estrogens with or without progestins should be discontinued immediately. Risk factors for arterial vascular disease (for example, hypertension, diabetes mellitus, tobacco use, hypercholesterolemia, and obesity) and/or venous thromboembolism (VTE) (for example, personal history or family history of VTE, obesity, and systemic lupus erythematosus) should be managed appropriately. ***a. Stroke:*** In the Women's Health Initiative (WHI), estrogen alone substudy, a statistically significant increased risk of stroke was reported in women receiving daily conjugated estrogens (CE 0.625 mg) compared to placebo (45 versus 33 per 10,000 women-years). The increase in risk was demonstrated in year one and persisted. (See **CLINICAL STUDIES** in full prescribing information.) In the estrogen plus progestin substudy of WHI, a statistically significant increased risk of stroke was reported in women receiving daily CE 0.625 mg plus medroxyprogesterone acetate (MPA 2.5 mg) compared to placebo (31 versus 24 per 10,000 women-years). The increase in risk was demonstrated after the first year and persisted. (See **CLINICAL STUDIES** in full prescribing information.) ***b. Coronary heart disease:*** In the estrogen alone substudy of WHI, no overall effect on coronary heart disease (CHD) events (defined as nonfatal myocardial infarction [MI], silent MI and CHD death) was reported in women receiving estrogen alone compared to placebo. (See **CLINICAL STUDIES** in full prescribing information.) In the estrogen plus progestin substudy of WHI, no statistically significant increase of CHD events was reported in women receiving CE/MPA compared to women receiving placebo (39 versus 33 per 10,000 women-years). An increase in relative risk was demonstrated in year 1, and a trend toward decreasing relative risk was reported in years 2 through 5. (See **CLINICAL STUDIES** in full prescribing information.) In postmenopausal women with documented heart disease (n = 2,763, average age 66.7 years), in a controlled clinical trial of secondary prevention of cardiovascular disease (Heart and Estrogen/Progestin Replacement Study [HERS]) treatment with daily CE 0.625 mg/MPA 2.5 mg demonstrated no cardiovascular benefit. During an average follow-up of 4.1 years, treatment with CE/MPA did not reduce the overall rate of CHD events in postmenopausal women with established coronary heart disease. There were more CHD events in the CE/MPA-treated group than in the placebo group in year one, but not during the subsequent years. Two thousand three hundred and twenty-one (2,321) women from the original HERS trial agreed to participate in an open label extension of HERS, HERS II. Average follow-up in HERS II was an additional 2.7 years, for a total of 6.8 years overall. Rates of CHD events were comparable among women in the combined continuous CE/MPA treatment group and the placebo group in HERS, HERS II, and overall. ***c. Venous thromboembolism (VTE):*** In the estrogen alone substudy of WHI, the risk of VTE (DVT and pulmonary embolism [PE]) was reported to be increased for women receiving daily CE compared to women receiving placebo (30 versus 22 per 10,000 women-years), although only the increased risk of DVT reached statistical significance (23 versus 15 per 10,000 women-years). The increase in VTE risk was demonstrated during the first two years. (See **CLINICAL STUDIES** in full prescribing information.) In the estrogen plus progestin substudy of WHI, a statistically significant two-fold greater rate of VTE was reported in women receiving daily CE/MPA compared to women receiving placebo (35 versus 17 per 10,000 women-years). Statistically significant increases in risk for both DVT (26 versus 13 per 10,000 women-years) and PE (18 versus 8 per 10,000 women-years) were also demonstrated. The increase in VTE risk was observed during the first year and persisted. (See **CLINICAL STUDIES** in full prescribing information.) If feasible, estrogens should be discontinued at least 4 to 6 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization. **2. Malignant neoplasms:** ***a. Endometrial cancer:*** An increased risk of endometrial cancer has been reported with the use of unopposed estrogen therapy in women with a uterus. The reported endometrial cancer risk among unopposed estrogen users is about 2 to 12-times greater than in nonusers, and appears dependent on duration of treatment and on estrogen dose. Most studies show no significant increased risk associated with use of estrogens for less than 1 year. The greatest risk appears associated with prolonged use, with increased risks of 15 to 24-fold for 5 to 10 years or more. This risk has been shown to persist for at least 8 to 15 years after estrogen therapy is discontinued. Clinical surveillance of all women taking estrogen plus progestin therapy is important. Adequate diagnostic measures, including endometrial sampling when indicated, should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. There is no evidence that the use of natural estrogens result in a different endometrial risk profile than synthetic estrogens of equivalent estrogen dose. Adding a progestin to estrogen therapy has been shown to reduce the risk of endometrial hyperplasia, which may be a precursor to endometrial cancer. ***b. Breast cancer:*** The use of estrogens and progestins by postmenopausal women has been reported to increase the risk of breast cancer in some studies. Observational studies have also reported an increased risk of breast cancer for estrogen plus progestin therapy, and a smaller increased risk for estrogen alone therapy, after several years of use. The risk increased with duration of use, and appeared to return to baseline over about 5 years after stopping treatment (only the observational studies have substantial data on risk after stopping). Observational studies also suggest that the risk of breast cancer was greater, and became apparent earlier, with estrogen plus progestin therapy as compared to estrogen alone therapy. However, these studies have not found significant variation in the risk of breast cancer among different estrogen plus progestin combinations, doses, or routes of administration. The most important randomized clinical trial providing information about this issue is the Women Health Initiative (WHI) substudy of daily conjugated estrogens (CE 0.625 mg) plus medroxyprogesterone acetate (MPA 2.5 mg) (see **CLINICAL STUDIES** in full prescribing information). In the estrogen alone substudy of WHI, after an average of 7.1 years of follow-up, daily CE 0.625 mg was not associated with an increased risk of invasive breast cancer (relative risk [RR] 0.80, 95 percent nominal confidence interval [nCI] 0.62-1.04). In the estrogen plus progestin substudy, after a mean follow-up of 5.6 years, the WHI substudy reported an increased risk of breast cancer in women who took daily CE/MPA. In this substudy, prior use of estrogen alone or estrogen plus progestin therapy was reported by 26 percent of the women. The relative risk of invasive breast cancer was 1.24 (95 percent nCI, 1.01-1.54), and the absolute risk was 41 versus 33 cases per 10,000 women-years, for estrogen plus progestin compared with placebo, respectively. Among women who reported prior use of hormone therapy, the relative risk of invasive breast cancer was 1.86, and the absolute risk was 46 versus 25 cases per 10,000 women-years, for CE/MPA compared with placebo. Among women who reported no prior use of hormone therapy, the relative risk of invasive breast cancer was 1.09, and the absolute risk was 40 versus 36 per 10,000 women-years for estrogen plus progestin compared with placebo. In the same substudy, invasive breast cancers were larger and diagnosed at a more advanced stage in the CE/MPA group compared with the placebo group. Metastatic disease was rare with no apparent difference between the two groups. Other prognostic factors such as histologic subtype, grade, and hormone receptor status did not differ between the groups. The use of estrogen alone and estrogen plus progestin has been reported to result in an increase in abnormal mammograms requiring further evaluation. All women should receive yearly breast exams by a healthcare provider and perform monthly self-examinations. In addition, mammography examinations should be scheduled based on patient age, risk factors, and prior mammogram results. ***c. Ovarian cancer:*** The estrogen plus progestin substudy of WHI reported that daily CE/MPA increased the risk of ovarian cancer. After an average follow-up of 5.6 years, the relative risk for ovarian cancer for CE/MPA versus placebo was 1.58 (95 percent nCI, 0.77-3.24) but was not statistically significant. The absolute risk for CE/MPA was 4.2 versus 2.7 cases per 10,000 women-years. In some epidemiologic studies, the use of estrogen-only products, in particular for 10 or more years, has been associated with an increased risk of ovarian cancer. Other epidemiologic studies have not found these associations. **3. Dementia:** In the estrogen alone Women's Health Initiative Memory Study (WHIMS), a substudy of WHI, a population of 2,947 hysterectomized women aged 65 to 79 years was randomized to daily conjugated estrogens (CE 0.625 mg) or placebo. In the estrogen plus progestin WHIMS substudy, a population of 4,532 postmenopausal women aged 65 to 79 years was randomized to daily CE 0.625 mg plus medroxyprogesterone acetate (MPA 2.5 mg) or placebo. In the estrogen alone substudy, after an average follow-up of 5.2 years, 28 women in the CE alone group and 19 women in the placebo group were diagnosed with probable dementia. The relative risk of probable dementia for estrogen CE alone versus placebo was 1.49 (95 percent CI, 0.83-2.66). The absolute risk of probable dementia for CE alone versus placebo was 37 versus 25 cases per 10,000 women-years. (See **CLINICAL STUDIES** in full prescribing information and **PRECAUTIONS, Geriatric Use**.) In the estrogen plus progestin substudy, after an average follow-up of 4 years, 40 women in the CE/MPA group and 21 women in the placebo group were diagnosed with probable dementia. The relative risk of probable dementia for CE/MPA versus placebo was 2.05 (95 percent CI, 1.21-3.48). The absolute risk of probable dementia for CE/MPA versus placebo was 45 versus 22 cases per 10,000 women-years. (See **CLINICAL STUDIES** in full prescribing information and **PRECAUTIONS, Geriatric Use**.) When data from the two populations were pooled as planned in the WHIMS protocol, the reported overall relative risk for probable dementia was 1.76 (95 percent CI, 1.19-2.60). Since both substudies were conducted in women aged 65 to 79 years, it is unknown whether these findings apply to younger postmenopausal women. (See **BOXED**

WARNINGS and **PRECAUTIONS, Geriatric Use.**) **4. Gallbladder disease:** A two- to four-fold increase in the risk of gallbladder disease requiring surgery in postmenopausal women receiving estrogens has been reported. **5. Hypercalcemia:** Estrogen administration may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures taken to reduce the serum calcium level. **6. Visual abnormalities:** Retinal vascular thrombosis has been reported in patients receiving estrogens. Discontinue medication pending examination if there is sudden partial or complete loss of vision, or a sudden onset of proptosis, diplopia, or migraine. If examination reveals papilledema or retinal vascular lesions, estrogens should be discontinued.

PRECAUTIONS: A. General: 1. Addition of a progestin when a woman has not had a hysterectomy: Studies of the addition of a progestin for 10 or more days of a cycle of estrogen administration, or daily with estrogen in a continuous regimen, have reported a lowered incidence of endometrial hyperplasia than would be induced by estrogen treatment alone. Endometrial hyperplasia may be a precursor to endometrial cancer. There are, however, possible risks that may be associated with the use of progestins with estrogens compared to estrogen alone regimens. These include a possible increased risk of breast cancer, adverse effects on lipoprotein metabolism (lowering HDL, raising LDL), and impairment of glucose tolerance. **2. Elevated blood pressure:** In a small number of case reports, substantial increases in blood pressure have been attributed to idiosyncratic reactions to estrogens. In a large, randomized, placebo-controlled clinical trial, a generalized effect of estrogen therapy on blood pressure was not seen. Blood pressure should be monitored at regular intervals with estrogen use. **3. Hypertriglyceridemia:** In patients with preexisting hypertriglyceridemia, estrogen therapy may be associated with elevations of plasma triglycerides leading to pancreatitis and other complications. Consider discontinuation of treatment if pancreatitis or other complications develop. **4. Impaired liver function and past history of cholestatic jaundice:** ESTRING vaginal ring should be used with caution in patients with impaired liver function. Estrogens may be poorly metabolized in patients with impaired liver function. For patients with a history of cholestatic jaundice associated with past estrogen use or with pregnancy, caution should be exercised and in the case of recurrence, medication should be discontinued. **5. Hypothyroidism:** Estrogen administration leads to increased thyroid-binding globulin (TBG) levels. Patients with normal thyroid function can compensate for the increased TBG by making more thyroid hormone, thus maintaining free T_4 and T_3 serum concentrations in the normal range. Patients dependent on thyroid hormone replacement therapy who are also receiving estrogens may require increased doses of their thyroid replacement therapy. These patients should have their thyroid function monitored in order to maintain their free thyroid hormone levels in an acceptable range. **6. Hypocalcemia:** Estrogens should be used with caution in individuals with severe hypocalcemia. **7. Fluid retention:** Estrogens may cause some degree of fluid retention. Patients who have conditions that might be influenced by this factor, such as a cardiac or renal dysfunction, warrant careful observation when estrogens are prescribed. **8. Exacerbation of endometriosis:** Endometriosis may be exacerbated with administration of estrogens. A few cases of malignant transformation of residual endometrial implants have been reported in women treated post-hysterectomy with estrogen alone therapy. For patients known to have residual endometriosis post-hysterectomy, the addition of progestin should be considered. **9. Exacerbation of other conditions:** Estrogens may cause an exacerbation of asthma, diabetes mellitus, epilepsy, migraine or porphyria, systemic lupus erythematosus, and hepatic hemangiomas and should be used with caution in women with these conditions. **10. Location of ESTRING:** Some women have experienced moving or gliding of ESTRING within the vagina. Instances of ESTRING being expelled from the vagina in connection with moving the bowels, strain, or constipation have been reported. If this occurs, ESTRING can be rinsed in lukewarm water and reinserted into the vagina by the patient. **11. Vaginal Irritation:** ESTRING may not be suitable for women with narrow, short, or stenosed vaginas. Narrow vagina, vaginal stenosis, prolapse, and vaginal infections are conditions that make the vagina more susceptible to ESTRING-caused irritation or ulceration. Women with signs or symptoms of vaginal irritation should alert their physician. **12. Vaginal Infection:** Vaginal infection is generally more common in postmenopausal women due to the lack of the normal flora of fertile women, especially lactobacillus, and the subsequent higher pH. Vaginal infections should be treated with appropriate antimicrobial therapy before initiation of ESTRING. If a vaginal infection develops during use of ESTRING, then ESTRING should be removed and reinserted only after the infection has been appropriately treated. **B. Information for the Patient:** Physicians are advised to discuss the PATIENT INFORMATION leaflet with patients for whom they prescribe ESTRING. **C. Laboratory Tests:** Serum follicle stimulating hormone and estradiol levels have not been shown to be useful in the management of moderate to severe symptoms of vulvar and vaginal atrophy. **D. Drug and Laboratory Test Interactions:** 1. Accelerated prothrombin time, partial thromboplastin time, and platelet aggregation time; increased platelet count; increased factors II, VII antigen, VIII antigen, VIII coagulant activity, IX, X, XII, VII-X complex, II-VII-X complex, and beta-thromboglobulin; decreased levels of anti-factor Xa and antithrombin III, decreased antithrombin III activity; increased levels of fibrinogen and fibrinogen activity; increased plasminogen antigen and activity. 2. Increased thyroid-binding globulin (TBG) levels leading to increased circulating total thyroid hormone levels, as measured by protein-bound iodine (PBI), T_4 levels (by column or by radioimmunoassay) or T_3 levels by radioimmunoassay. T_3 resin uptake is decreased, reflecting the elevated TBG. Free T_4 and free T_3 concentrations are unaltered. Patients on thyroid replacement therapy may require higher doses of thyroid hormone. 3. Other binding proteins may be elevated in serum, (i.e., corticosteroid binding globulin [CBG], sex hormone-binding globulin [SHBG]), leading to increased circulating corticosteroid and sex steroids, respectively. Free hormone concentrations may be decreased. Other plasma proteins may be increased (angiotensinogen/renin substrate, alpha-1-antitrypsin, ceruloplasmin). 4. Increased plasma HDL and HDL_2 cholesterol subfraction concentrations, reduced LDL cholesterol concentration, increased triglycerides levels. 5. Impaired glucose tolerance. **E. Carcinogenesis, Mutagenesis, and Impairment of Fertility:** Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, uterus, cervix, vagina, testes and liver. **F. Pregnancy:** ESTRING should not be used during pregnancy. (See **CONTRAINDICATIONS**.) There appears to be little or no increased risk of birth defects in children born to women who have used estrogens and progestins as an oral contraceptive inadvertently during early pregnancy. **G. Nursing Mothers:** ESTRING should not be used during lactation. Estrogen administration to nursing mothers has been shown to decrease the quantity and quality of the breast milk. Detectable amounts of estrogens have been identified in the milk of mothers receiving this drug. **H. Pediatric Use:** ESTRING is not indicated for pediatric use and no clinical data have been collected in children. **I. Geriatric Use:** There have not been sufficient numbers of geriatric patients involved in studies utilizing ESTRING to determine whether those over 65 years of age differ from younger subjects in their response to ESTRING. In the estrogen alone substudy of the Women's Health Initiative (WHI) study, 46 percent (n = 4,943) of subjects were 65 years of age and older, while 7.1 percent (n = 767) of subjects were 75 years of age and older. There was a higher relative risk (daily CE 0.625 mg versus placebo) of stroke in women less than 75 years of age compared to women 75 years and older. In the estrogen alone substudy of the Women's Health Initiative Memory Study (WHIMS), a substudy of WHI, a population of 2,947 hysterectomized women, aged 65 to 79 years of age, was randomized to receive daily conjugated estrogens (CE 0.625 mg daily) or placebo. After an average follow-up of 5.2 years, the relative risk (CE versus placebo) of probable dementia was 1.49 (95 percent CI, 0.83-2.66). The absolute risk of developing probable dementia with estrogen alone was 37 versus 25 cases per 10,000 women-years compared with placebo. Of the total number of subjects in the estrogen plus progestin substudy of WHI, 44 percent (n = 7,320) were 65 years of age and older, while 6.6 percent (n = 1,095) were 75 years of age and older. In women 75 years of age and older compared to women less than 75 years of age, there was a higher relative risk of nonfatal stroke and invasive breast cancer in the estrogen plus progestin group versus placebo. In women greater than 75, the increased risk of nonfatal stroke and invasive breast cancer observed in the estrogen plus progestin group compared to placebo was 75 versus 24 per 10,000 women-years and 52 versus 12 per 10,000 women-years, respectively. In the estrogen plus progestin WHIMS substudy, a population of 4,532 postmenopausal women, aged 65 to 79 years, was randomized to receive CE 0.625 mg/MPA 2.5 mg or placebo. In the estrogen plus progestin group, after an average follow-up of 4 years, the relative risk (CE/MPA versus placebo) of probable dementia was 2.05 (95 percent CI, 1.21-3.48). The absolute risk of developing probable dementia with CE/MPA was 45 versus 22 cases per 10,000 women-years compared with placebo. Seventy-nine percent of the cases of probable dementia occurred in women that were older than 70 for the CE alone group, and 82 percent of the cases of probable dementia occurred in women who were older than 70 in the CE/MPA group. The most common classification of probable dementia in both the treatment groups and placebo groups was Alzheimer's disease. When data from the two populations were pooled as planned in the WHIMS protocol, the reported overall relative risk for probable dementia was 1.76 (95 percent CI, 1.19-2.60). Since both substudies were conducted in women aged 65 to 79 years, it is unknown whether these findings apply to younger postmenopausal women. (See **BOXED WARNINGS** and **WARNINGS, Dementia**.)

ADVERSE REACTIONS: See **BOXED WARNINGS** and **PRECAUTIONS.** Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice. In the two pivotal controlled studies, discontinuation of treatment due to an adverse event was required by 5.4 percent of patients receiving ESTRING and 3.9 percent of patients receiving conjugated estrogens vaginal cream. The most common reasons for withdrawal from ESTRING treatment due to an adverse event were vaginal discomfort and gastrointestinal symptoms. The adverse events reported with a frequency of 3 percent or greater in the two pivotal controlled studies by patients receiving ESTRING or conjugated estrogens vaginal cream are listed in Table 4 of the full prescribing information. **Post-Marketing Experience:** 1. A few cases of toxic shock syndrome (TSS) have been reported in women using vaginal rings. TSS is a rare, but serious disease that may cause death. Warning signs of TSS include fever, nausea, vomiting, diarrhea, muscle pain, dizziness, faintness, or a sunburn-rash on face and body. 2. A few cases of ring adherence to the vaginal wall, making ring removal difficult, have been reported. Vaginal wall ulceration or erosion should be carefully evaluated. If an ulceration or erosion has occurred, consideration should be given to leaving the ring out and not replacing it until healing is complete in order to prevent the ring from adhering to the healing tissue. 3. A few cases of bowel obstruction and vaginal ring use have been reported. Persistent abdominal complaints consistent with obstruction should be carefully evaluated. The following additional adverse events were reported at least once by patients receiving ESTRING in the worldwide clinical program, which includes controlled and uncontrolled studies. A causal relationship with ESTRING has not been established. Body as a Whole: allergic reaction. CNS/Peripheral Nervous System: dizziness. Gastrointestinal: enlarged abdomen, vomiting. Metabolic/Nutritional Disorders: weight decrease or increase. Musculoskeletal: arthropathy (including arthrosis). Psychiatric: depression, decreased libido, nervousness. Reproductive: breast engorgement, breast enlargement, intermenstrual bleeding, genital edema, vulval disorder. Skin/Appendages: pruritus, pruritus ani. Urinary: micturition frequency, urethral disorder. Vascular: thrombophlebitis. Vision: abnormal vision. The following additional adverse reactions have been reported with estrogens: Genitourinary system: abnormal uterine bleeding/spotting; dysmenorrheal/pelvic pain; increase in size of uterine leiomyomata; vaginitis, including vaginal candidiasis; change in amount of cervical secretion; changes in cervical ectropion; ovarian cancer; endometrial hyperplasia; endometrial cancer. Breasts: tenderness, enlargement, pain, nipple discharge, galactorrhea; fibrocystic breast changes; breast cancer. Cardiovascular: deep and superficial venous thrombosis; pulmonary embolism; thrombophlebitis; myocardial infarction; stroke; increase in blood pressure. Gastrointestinal: nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice; increased incidence of gallbladder disease; pancreatitis, enlargement of hepatic hemangiomas. Skin: chloasma or melasma that may persist when drug is discontinued; erythema multiforme; erythema nodosum; hemorrhagic eruption; loss of scalp hair; hirsutism, rash. Eyes: retinal vascular thrombosis; intolerance to contact lenses. Central Nervous System: headache; migraine; dizziness; mental depression; exacerbation of chorea; nervousness; mood disturbances; irritability; exacerbation of epilepsy, dementia. Miscellaneous: increase or decrease in weight; glucose intolerance; aggravation of porphyria; edema; arthralgias; leg cramps; changes in libido; angioedema; anaphylactoid/anaphylactic reactions; hypocalcemia (preexisting condition); exacerbation of asthma; increased triglycerides.

DRUG INTERACTIONS: No formal drug interactions studies have been done with ESTRING.

OVERDOSAGE: Overdosage of estrogen may cause nausea and vomiting, breast tenderness, abdominal pain, drowsiness/fatigue and withdrawal bleeding may occur in females. Treatment of overdose consists of discontinuation of ESTRING together with institution of appropriate symptomatic care.

Revised May 2011

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11 After you buy something, keep your receipt and pay attention. If the price drops within a certain number of days, many of us will refund the difference.

12 Want to avoid the mall? Order online. December 17 is free-shipping day. More than 1,000 retailers offer free shipping and promise delivery by Christmas Eve. Find out more at freeshippingday.com.

13 When you're ordering online, especially if you're shopping for jewelry, here's a tip for just before you hit "place your order": Cancel it. Some retailers will send you a personal e-mail a few minutes later offering a 10 or 15 percent discount if you go back and make the purchase.

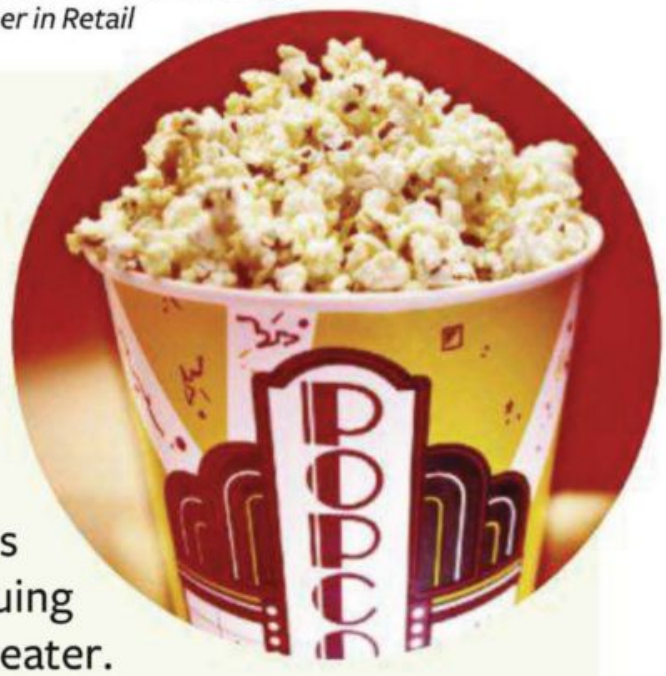
For more insider secrets from a mall salesperson, go to rd.com/december.

Sources: Retail salesclerks in New Jersey, Massachusetts, Virginia, and Pennsylvania, as well as Paco Underhill, author of *What Women Want: The Science of Female Shopping;* Martin Lindstrom, author of *Brandwashed;* and Caitlin Kelly, former retail associate and author of *Malled: My Unintentional Career in Retail*

SAVVY SAVINGS

OUTRAGEOUS MARKUPS YOU PAY EVERY DAY

Learn smart ways to avoid the hidden costs of convenience



6,000% Text messages

Phone users commonly pay 10 cents per text message, but sending it might cost the carrier only a sixth of a cent. If the same markup applied to a short phone call, the call would cost $120.

4,000% Bottled water

A $2 bottle of water costs only about 5 cents to produce.

1,275% Movie theater popcorn

Theaters know that viewers will pay more for movie snacks, so they hike up the prices: A bag of popcorn that costs 37 cents to make can easily sell for $5. One Michigan man found the price so outrageous that he's suing his local theater.

300% Wine at a restaurant

Restaurants routinely charge as much as $30 for bottles of wine that retail online for $7 or $8. Check in advance whether the restaurant allows BYOB, or opt for a nonalcoholic beverage.

40% Precut produce

Precut fruits and vegetables may save you time, but they definitely won't save you money: Grocery stores charge almost 1.5 times more for precut than for uncut produce.

Source: AOL, with additional reporting by Perri O. Blumberg and Usha Sahay

CORBIS

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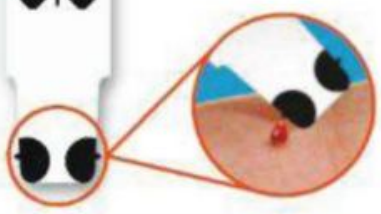

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The patented ZipWik design targets the blood and pulls it in, making testing easy.

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FreeStyle Lite blood glucose test strips are intended to be used with FreeStyle Lite and FreeStyle Freedom Lite meters only. All offers are void where prohibited. Abbott may modify or rescind this offer without notice.

1. Comparison vs. OneTouch Ultra Blue test strip with OneTouch Ultra2 meter.
2. Product provided as a free sample shall not be resold or submitted to any third-party payer for reimbursement.

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GIFT DECODER

Price Check, Please!

As you shop this holiday season, you may wonder what's behind the wide range of prices for some popular gift items

BY CAITLIN O'CONNELL

Why a Watch Costs What It Costs

VS

SWATCH $50–$150

- Plastic band and watch face
- Inexpensive, battery-powered quartz movement
- Made to be replaced, not repaired
- Automated assembly process reduces number of parts and allows for large-scale production
- Special edition designed by Moby

TAG HEUER $1,000–$3,000+

- Stainless steel or leather band
- Intricate movement, wound by motion of wearer's arm
- Handcrafted workings require special assembly and repair
- Not easily mass-produced
- Celebrity endorsers include Leonardo DiCaprio and Cameron Diaz

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Why a Candle Costs What It Costs

YANKEE CANDLE $30

- Made in Massachusetts
- Petroleum-derived paraffin wax
- Produced in mass quantities
- Scented with fragrance extracts
- Packaged in recyclable glass jars

VS

DIPTYQUE $90

- Made in France
- Natural vegetable and mineral wax blend
- Handcrafted in 12 steps, including hand-pouring of wax
- Scented with raw ingredients
- Packaged in mouth-blown glass

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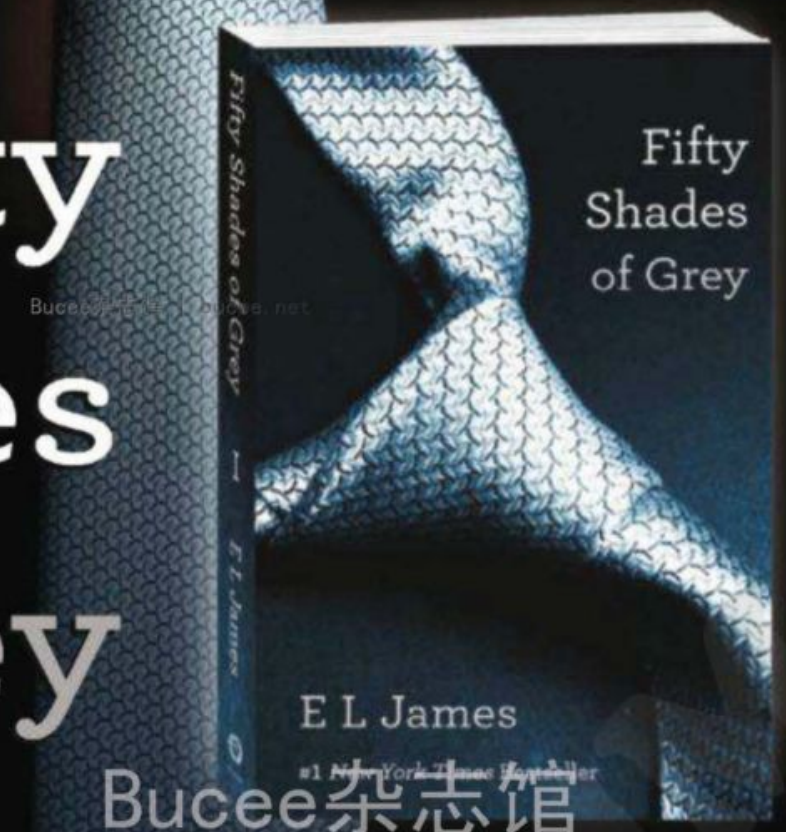
Fifty Shades of Grey



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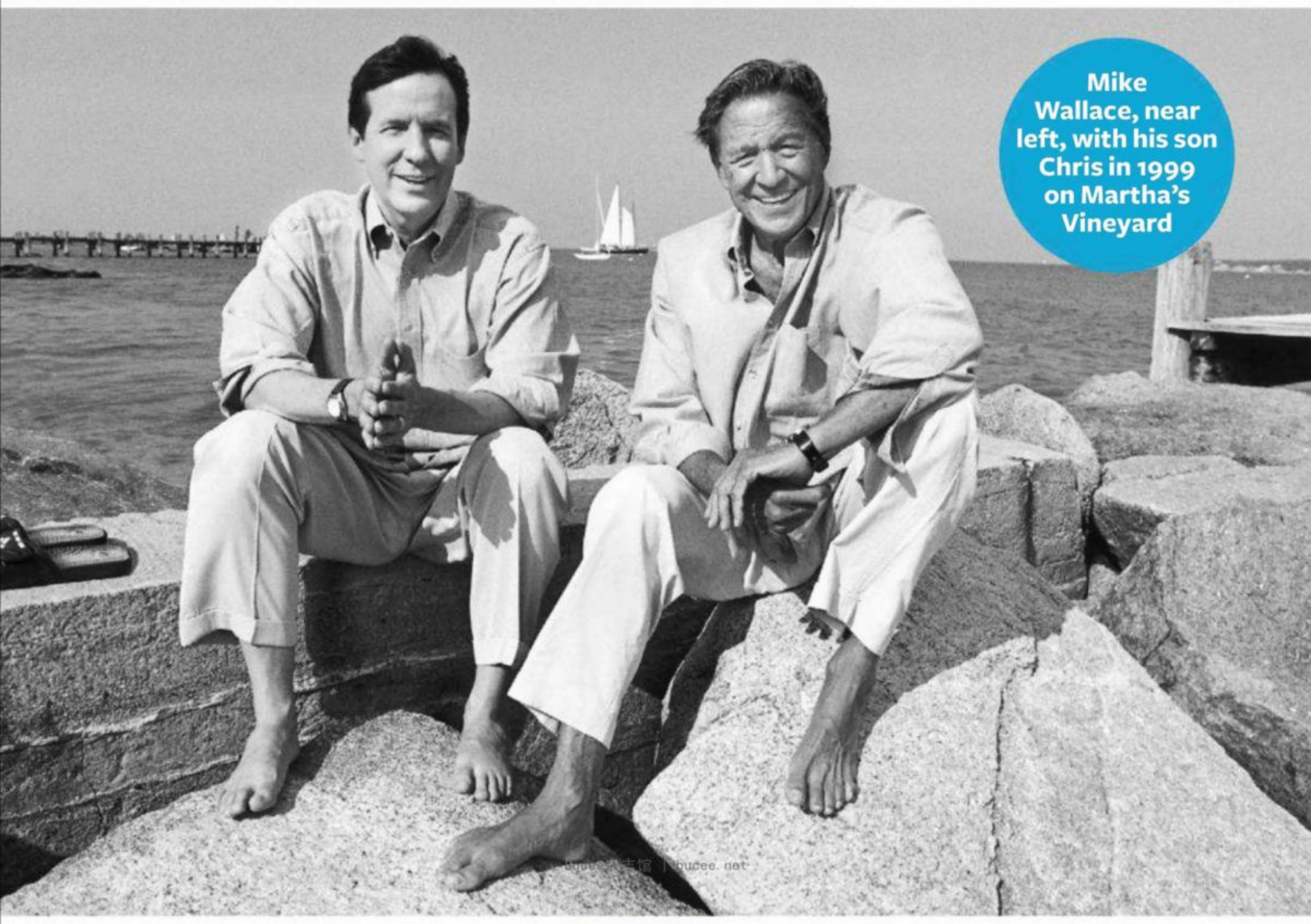

Mike Wallace, near left, with his son Chris in 1999 on Martha's Vineyard

TRIBUTE

My Most Unforgettable Character

An interview with Mike Wallace revealed his love of family and the day that broke his heart

BY TODD RICHISSIN ● FROM **Cedar Rapids Patch**

I met Mike Wallace only once, many years ago, but I'd like to think I actually got to know him during the two hours we spoke.

Our meeting came on Martha's Vineyard in July of 1999, one day after John F. Kennedy, Jr., was buried at sea off that same island. I had

JIM GRAHAM/GRAHAM STUDIOS INC.

met Mike there with his son Chris Wallace to interview them for a book I was writing.

They are smiling on the cover of that book, *Fathers and Sons,* looking forever young, even though Mike was 80 at the time.

He died on April 7, 2012. He was 93.

I saw Chris Wallace in August 2011 at the Iowa straw poll in Ames, and I asked him how his father was doing. "Not good," he told me and then gave that nonverbal, telltale sign of really not good—shaking his head "no" and pursing his lips.

When putting together the list of people I wanted for the book, I had gone after Mike and Chris Wallace for a few reasons: Chris Wallace was a big name, Mike Wallace was a huge name, I admired them both, and I knew about another son of Mike's, Peter.

Peter died in 1962. He was 19.

During our interview, with Chris at his side, Mike recounted how he hadn't heard from Peter, who had been hiking around Europe, so he traveled to the youth hostel where Peter had been staying. People there told him Peter had planned to climb a mountain near the Gulf of Corinth.

So Mike hired a guide and a donkey and found himself riding to the top of a cliff.

I could see pain appearing on Mike Wallace's face as he recounted this story, and I could have interjected something, anything, to ease things for him just a bit, but I didn't. I'm not sorry for that. It helped me get to know him.

"We sat down to catch our breath, and we're sitting there like this," Mike Wallace told me, hunched over, forearms on his knees. "I looked down, and about 150 feet down we saw somebody—and there he was."

That's when his eyes started to well a bit, which I'm counting as crying because I know that Mike Wallace will be remembered mostly as the granite-nosed, zero-nonsense, "Give me a break!" tough guy and by his signature emotion, outrage.

I think people should know that, despite his tough-guy exterior, Mike Wallace could cry.

Mike Wallace never shrunk down in an interview, whether it be with scam artists, politicians, or those who were one and the same.

But Mike Wallace had tears in his eyes that day. If not for the well-timed fake cough and thrown-back head—the thing guys do to pull themselves together—he would have pushed those tears down his cheeks rather than blinking them back.

I think people should know that and remember: Mike Wallace could cry. And when I asked him what he was most proud of, he nodded toward Chris. "I have him and the rest of my family. I can't tell you how satisfying that is." ■

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ADVICE

OUTSMART ANNOYING PEOPLE

Three ways to deal with the people who drive you nuts

Don't see eye to eye with your crazy uncle or demanding mother-in-law? Read on. Ed Bacon, author of *Eight Habits of Love,* offers tips for avoiding arguments with close but difficult people.

1 Start with a question. Ask if he or she has the time and inclination to talk about the contentious issue. If the answer is no, wait for another opportunity to address it. If she says yes, start by expressing how much you value your relationship with her.

2 Offer undivided attention. If you ask her open-ended questions, she'll feel heard and be more inclined to consider what you have to say. It's also crucial to allow time for her to respond to what you've said and to speak without interruption, writes Bacon.

3 Admit mistakes. Acknowledge what you may have done that was hurtful, and let grudges go. Remind yourself that your intention in the conversation is to be kind.

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MONEY

Google Staffers Get Afterlife Insurance

Employee benefits that go beyond the grave

FROM THE *Week*

For Google employees, even dying comes with perks. Under a policy put in place last year, a surviving spouse or domestic partner of a deceased Google employee will receive 50 percent of the employee's salary every year for a decade. In addition, the employee's children will receive $1,000 every month until they turn 19 (or until age 23, if they are full-time students). There's no tenure requirement for the benefit, so most of the company's 34,000 employees qualify. Laszlo Bock, Google's chief people officer, ominously calls the new policy Google's "death benefits."

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ACTEMRA®
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ACTEMRA WORKS ON RA WITH LESS

ACTEMRA can relieve moderate to severe rheumatoid arthritis symptoms **without methotrexate.**

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Maybe a bike won't work with less, but ACTEMRA can.

That's because ACTEMRA can be taken with or without methotrexate. In fact, for many patients, ACTEMRA alone has been proven to relieve a range of RA symptoms, from swollen and tender joints to pain and stiffness, and to ease activities like walking. ACTEMRA is also the first and only RA treatment to directly block interleukin-6 (IL-6), a protein in your body believed to play an important role in RA. So if you want RA symptom relief without methotrexate, talk to your doctor about ACTEMRA today.

Individual results may vary. Genentech sponsors advocates and compensates them for their time and expense in presenting their stories.

This information does not take the place of talking to your healthcare provider about either your medical condition or your treatment with ACTEMRA. Talk with your healthcare provider if you have any questions about your treatment with ACTEMRA.

INDICATION

ACTEMRA is a prescription medicine called an interleukin-6 (IL-6) receptor inhibitor. ACTEMRA is used to treat adults with moderately to severely active rheumatoid arthritis (RA) after at least one other medicine called a tumor necrosis factor (TNF) antagonist has been used and did not work well.

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IMPORTANT SIDE EFFECT INFORMATION

Some people have serious infections while taking ACTEMRA, including tuberculosis (TB) and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

Other serious side effects of ACTEMRA include tears

Delaina,
taking ACTEMRA
since 2010

Could you be taking less for your RA?

Hear from people who are taking ACTEMRA without methotrexate. Just return the attached card or visit ACTEMRA.com today, and you'll get a **free DVD**.

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(perforation) of the stomach and intestines, changes in blood test results (including low neutrophil count, low platelet count, increase in certain liver function tests, and increase in blood cholesterol levels), hepatitis B infection becoming an active infection again, and nervous system problems.

ACTEMRA affects the immune system and may increase your risk of certain cancers.

Serious allergic reactions, including death, can happen with ACTEMRA. These reactions may happen with any infusion of ACTEMRA, even if they did not occur with an earlier infusion. Patients must tell their doctor if they have had a previous reaction to ACTEMRA. Patients should not take ACTEMRA if they are allergic to it or any of its ingredients.

Common side effects with ACTEMRA in patients with RA include upper respiratory tract infections (common cold, sinus infections), headache, and increased blood pressure (hypertension).

Patients must tell their healthcare provider if they plan to become pregnant or are pregnant. It is not known if ACTEMRA will harm an unborn baby. Genentech has a registry for pregnant women who take ACTEMRA. Patients who are pregnant or become pregnant while taking ACTEMRA must contact the registry at 1-800-ACTEMRA or register online at https:/www.otispregnancy.org/forms/otis_survey-f161 and talk to their healthcare provider.

Patients must call their healthcare provider for medical advice about any side effects. Patients or caregivers may report side effects to the FDA at 1-800-FDA-1088. Patients or caregivers may also report side effects to Genentech at 1-888-835-2555.

For additional important safety information, including **Boxed Warning**, please see the Medication Guide attached to this ad, visit ACTEMRA.com, or call 1-800-ACTEMRA (1-800-228-3672).

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ACT0000914702 8/12

ACTEMRA® (AC-TEM-RA) (tocilizumab)

This information does not take the place of talking to your healthcare provider about either your medical condition or your treatment with ACTEMRA. Talk with your healthcare provider if you have any questions about your treatment with ACTEMRA.

What is the most important information I should know about ACTEMRA?

ACTEMRA can cause serious side effects including:

1. Serious Infections

ACTEMRA is a medicine that affects your immune system. ACTEMRA can lower the ability of your immune system to fight infections. Some people have serious infections while taking ACTEMRA, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

- Your doctor should test you for TB before starting ACTEMRA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with ACTEMRA.

You should not start taking ACTEMRA if you have any kind of infection unless your healthcare provider says it is okay.

Before starting ACTEMRA, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection such as:
  - fever, sweating, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinating more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidiomycosis, or blastomycosis). These infections may happen or become more severe if you use ACTEMRA. Ask your healthcare provider, if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B.

After starting ACTEMRA, call your healthcare provider right away if you have any symptoms of an infection. ACTEMRA can make you more likely to get infections or make worse any infection that you have.

2. Tears (perforation) of the stomach or intestines.

- Before taking ACTEMRA, tell your healthcare provider if you have had diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people taking ACTEMRA get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.
- Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

3. Changes in certain laboratory test results.

Your healthcare provider should do blood tests before you start receiving ACTEMRA and every 4 to 8 weeks during treatment to check for the following side effects of ACTEMRA:

- **low neutrophil count.** Neutrophils are white blood cells that help the body fight off bacterial infections.
- **low platelet count.** Platelets are blood cells that help with blood clotting and stop bleeding.
- **increase in certain liver function tests.**

You should not receive ACTEMRA if your neutrophil or platelet counts are too low or your liver function tests are too high.

Your healthcare provider may stop your ACTEMRA treatment for a period of time or change your dose of medicine if needed because of changes in these blood test results.

You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests to check your cholesterol levels 4 to 8 weeks after you start receiving ACTEMRA, and then every 6 months after that. Normal cholesterol levels are important to good heart health.

4. Cancer.

ACTEMRA may decrease the activity of your immune system. Medicines that affect the immune system may increase your risk of certain cancers. Tell your healthcare provider if you have ever had any type of cancer.

See *"What are the possible side effects with ACTEMRA?"* for more information about side effects.

What is ACTEMRA?

ACTEMRA is a prescription medicine called an Interleukin-6 (IL-6) receptor inhibitor. ACTEMRA is used to treat:

- Adults with moderately to severely active rheumatoid arthritis (RA) after at least one other medicine called a Tumor Necrosis Factor (TNF) antagonist has been used and did not work well.

Who should not take ACTEMRA?

Do not take ACTEMRA if you are allergic to tocilizumab, or any of the ingredients in ACTEMRA. Talk to your doctor if you have any questions.

What should I tell my healthcare provider before receiving ACTEMRA?

ACTEMRA may not be right for you. Before receiving ACTEMRA, tell your healthcare provider if you:

- have an infection. See *"What is the most important information I should know about ACTEMRA?"*
- have liver problems
- have any stomach-area (abdominal) pain or been

diagnosed with diverticulitis or ulcers in your stomach or intestines
- have had a reaction to tocilizumab or any of the ingredients in ACTEMRA before
- have or had a condition that affects your nervous system, such as multiple sclerosis
- have recently received or are scheduled to receive a vaccine. People who take ACTEMRA should not receive live vaccines. People taking ACTEMRA can receive non-live vaccines
- plan to have surgery or a medical procedure
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if ACTEMRA will harm your unborn baby.

  Pregnancy Registry: Genentech has a registry for pregnant women who take ACTEMRA. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking ACTEMRA, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll.
- plan to breast-feed or are breast-feeding. You and your healthcare provider should decide if you will take ACTEMRA or breast-feed. You should not do both.

Tell your healthcare provider about all of the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. ACTEMRA and other medicines may affect each other causing side effects.

Especially tell your healthcare provider if you take:

- any other medicines to treat your RA. You should not take etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab (Cimzia®), or golimumab (Simponi®), while you are taking ACTEMRA. Taking ACTEMRA with these medicines may increase your risk of infection.
- medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

Know the medicines you take. Keep a list of them to show to your healthcare provider and pharmacist when you get a new medicine.

How will I receive ACTEMRA?

- You will receive ACTEMRA from a healthcare provider through a needle placed in a vein in your arm (IV or intravenous infusion). The infusion will take about 1 hour to give you the full dose of medicine.
- For RA you will receive a dose of ACTEMRA about every 4 weeks.
- If you miss a scheduled dose of ACTEMRA, ask your healthcare provider when to schedule your next infusion.
- While taking ACTEMRA, you may continue to use other medicines that help treat your RA such as methotrexate, non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as instructed by your healthcare provider.
- Keep all of your follow-up appointments and get your blood tests as ordered by your healthcare provider.

What are the possible side effects with ACTEMRA?

ACTEMRA can cause serious side effects, including:

- See *"What is the most important information I should know about ACTEMRA?"*
- **Hepatitis B infection in people who carry the virus in their blood.** If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus may become active while you use ACTEMRA. This happens with other biologic medicines used to treat RA. Your doctor may do blood tests before you start treatment with ACTEMRA and while you are using ACTEMRA. Tell your healthcare provider if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - muscle aches
  - dark urine
  - skin rash
- **Serious Allergic Reactions.** Serious allergic reactions, including death, can happen with ACTEMRA. These reactions can happen with any infusion of ACTEMRA, even if they did not occur with an earlier infusion. Tell your healthcare provider right away if you have any of the following signs of a serious allergic reaction:
  - shortness of breath or trouble breathing
  - skin rash
  - swelling of the lips, tongue, or face
  - chest pain
  - feeling dizzy or faint
- **Nervous system problems.** Multiple Sclerosis has been diagnosed rarely in people who take ACTEMRA. It is not known what effect ACTEMRA may have on some nervous system disorders.

Common side effects of ACTEMRA include:

- upper respiratory tract infections (common cold, sinus infections)
- headache
- increased blood pressure (hypertension)

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all of the possible side effects of ACTEMRA. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to Genentech at 1-888-835-2555.

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EDITED BY LAUREN GELMAN

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BOOST YOUR MOOD

How Reading Makes You Happy

Spending time with a story can encourage positive thinking and fortify friendships

BY JESSICA CASSITY

Even sad stories make people happy because they make them think about loved ones and count their blessings.

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"Great reads have great potential to spark imagination and absorb a person in another world," says Raymond A. Mar, associate professor of psychology at York University in Toronto. And these mental-health benefits may even last beyond the final chapter.

Empathy

Stories provide life-changing perspective, say York University researchers. Getting wrapped up in the lives of characters strengthens your ability to understand others' feelings. Seeing the world through the eyes of Jane Eyre, for example, may make it easier for you to relate to your sister-in-law's viewpoint.

Connection

When you identify with characters in a book, you experience a kind of real-life relationship that can enhance your sense of inclusion, say psychologists at the University at Buffalo. In other words, reading *Marley & Me* may increase camaraderie with dog owners in the park.

Memories

A happy ending can lift your spirits, but novels may drum up positive feelings in more subtle ways too. Even minor events in the narrative may unearth warm memories and brighten your day. Does the lead character attend a beach barbecue? You'll likely reminisce about a sand-and-surf party you attended.

GETTY IMAGES

Inspiration

Reading about someone who overcame obstacles may motivate you to meet your own goals, found a recent Ohio State University study. If you'd like a raise, following a character into the boss's office may give you the courage to make the same request. The more you identify with the character and experience the events as if they were happening to you, the more likely you'll be to take action.

QUOTABLE QUOTE

THE WORST TIME TO BE HOSPITALIZED

"My experience with intern disasters is that they seldom occur in July [when medical interns start work]. They tend to happen later, when interns shed their fear, become more confident, and tire of asking for help, not wanting to appear 'weak' in the eyes of their seniors. Not recognizing the limits of one's own knowledge can be a fatal flaw."

JOHN HENNING SCHUMANN, MD, DIRECTOR OF A MEDICAL RESIDENCY TRAINING PROGRAM AT THE UNIVERSITY OF OKLAHOMA, IN THE *ATLANTIC*

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EAT TO RELEASE FAT

"I Lost 50 Pounds for My Daughter's Wedding!"

BY PERRI O. BLUMBERG

Timothy O'Keefe, 53, a professor at the University of North Dakota, started the Digest Diet to slim down for his daughter's nuptials this past summer—and was thrilled to make the bride proud of him on her big day. He weighed in at a slender 198 pounds in June after starting at 248 pounds just four months earlier, and he has lost another 12 pounds since.

TIM'S REMARKABLE HEALTH STATS

In addition to his big weight loss, Tim also experienced these impressive improvements:

Cholesterol: 147 from 177 (LDL dropped 28 points; HDL increased 12)

Triglycerides: 86 from 155

Fatty liver disease: No longer a concern for Tim

Blood sugar: 94 from 113

"I Learned to 'Eat to Live'"

Instead of "living to eat," Tim now sees food as the energy source he needs for a productive day. The former salt junkie's cravings for chips have completely vanished. The Digest Diet's emphasis on healthy, home-cooked meals helped Tim view food as something to savor instead of devour. A favorite mealtime habit: enjoying a glass of red wine (yes, it can help you lose weight!) and a conversation with his wife.

"I'm Sleeping Well Again"

Because of his sleep apnea, a disorder that disrupts breathing, Tim often felt tired during the day. Losing weight is known to help sleep apnea, and Tim has slept well without his breathing machine (it helps keep airways open) for the first time in years.

During a recent vacation to Yellowstone National Park and the Tetons, Tim and his wife enjoyed a ten-mile hike—something he wouldn't have dreamed of attempting just months before. "Next year we're hoping to go rock and ice climbing in Montana!"

Snap & Buy **To learn more and to get *The Digest Diet* (available wherever books are sold), take a picture of this code with your phone or visit digestdiet.com.**

COURTESY SHAUNA WIDDEL/UND

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HEALTH JOURNEY

"But I Hula-Hoop in Walmart!"

How one self-proclaimed optimist dealt with a most surprising diagnosis

BY STEPHANIE GALLMAN ● FROM cnn.com

"I'm not depressed! I hate depressed people." My doctor laughed at my reaction to her diagnosis, but I was serious. I didn't want to be in that category. But as she covered a list of symptoms, I couldn't deny I had nearly every one: loss of appetite, trouble sleeping, crying for no reason, loss of interest in work and hobbies.

The author, above, was surprised by what her family history revealed.

We reviewed my personal history. I said I assumed all kids were scared of dying, all teenagers struggled with eating issues, everyone had a quarter-life crisis. When I told her my family history of mental illness that included at least one suicide, she threw her pen down as if this years-long mystery were finally solved. "It sounds like your body just doesn't maintain enough serotonin," she said matter-of-factly.

I agreed that I was in a slump but wondered if her diagnosis was too dramatic. I believe that happiness is a choice. I'm an optimist, so if I'm not happy, there has to be a reason. Could these feelings be from job stress? My on-again, off-again relationship?

She nodded and said, "Sure, it's possible that these could've contributed to how you feel. But it's also quite likely that none did." She advised me, as a frequent exerciser and fairly healthy eater, to continue those habits before she said what I'd feared the most: "I think an antidepressant might help stabilize some of the chemicals in your brain."

"For some people," she explained, "happiness isn't a choice. Expecting it to just happen is like someone with brown eyes wanting blue eyes and expecting that to just happen."

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DROPPING THE D-BOMB

At first I told only those closest to me, but soon it became clear that I would need more support. And isolating myself, I suspected, was partly to blame for being depressed >>

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in the first place. As I started to open up and share the news, I began to feel more like myself—someone who isn't embarrassed by life's setbacks, who tackles difficult situations with humor and honesty.

No surprise, the wonderful people in my life have all been very kind and sympathetic, but overall, people's reactions have varied. Most people who don't believe in depression also don't believe in being medicated for it. Their warnings ranged from mindful caution to downright fear that I'd become addicted to pills and turn into a zombie. Instead of drugs, they'd say, why don't you "do more of the things that you enjoy?" "Tend to your garden." "Read *The Secret*." Bite me. These patronizing "prescriptions" infuriated me, as if the reason I wasn't happy was that I hadn't tried hard enough.

Many reacted to the D-bomb the same way I did. "You're depressed?! But you're one of the happiest people that I know! You hula-hoop in Walmart!" (I really do—every time I go.) These are the people I wanted to hug; they made me feel like I hadn't turned into Debbie Downer.

It's true; to the outside world, I do appear happy. And I am happy most of the time. I am fully aware of how blessed my life is and express gratitude for it daily. I have worked hard to not let what's going on with me on the inside affect the way I present myself on the outside.

My happy-go-lucky cheerful attitude is the element of my personality that I am most proud of. This other part—that obsessively thinks about things I cannot control, that is self-loathing and uncertain—is unfortunately the one that has been screaming loudest lately.

Why isn't anyone talking about illnesses that affect our most important body part—our brain?

The third, and perhaps most popular, reaction to my dropping the D-bomb has been the barrage of friends divulging personal connections to mental illnesses. "My mom is bipolar ... My uncle has been clinically depressed for years." I was dumbfounded. Why isn't anyone talking about the illnesses that affect our most important body part—our brain?

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SAD BUT STRONG

Admitting I have depression and anxiety has, at times, made me feel like admitting defeat. I'm angry that despite having every reason to be happy, sometimes I'm not. I don't know why I'm sad. I just am. And I so wish I wasn't. I'd like to think, though, that even at my worst, I'm worthy of honesty, compassion, and understanding. I struggle with my brain the way others struggle with their heart. I love deeply and laugh loudly. I work hard; I play harder. And I always hula-hoop at Walmart. ■

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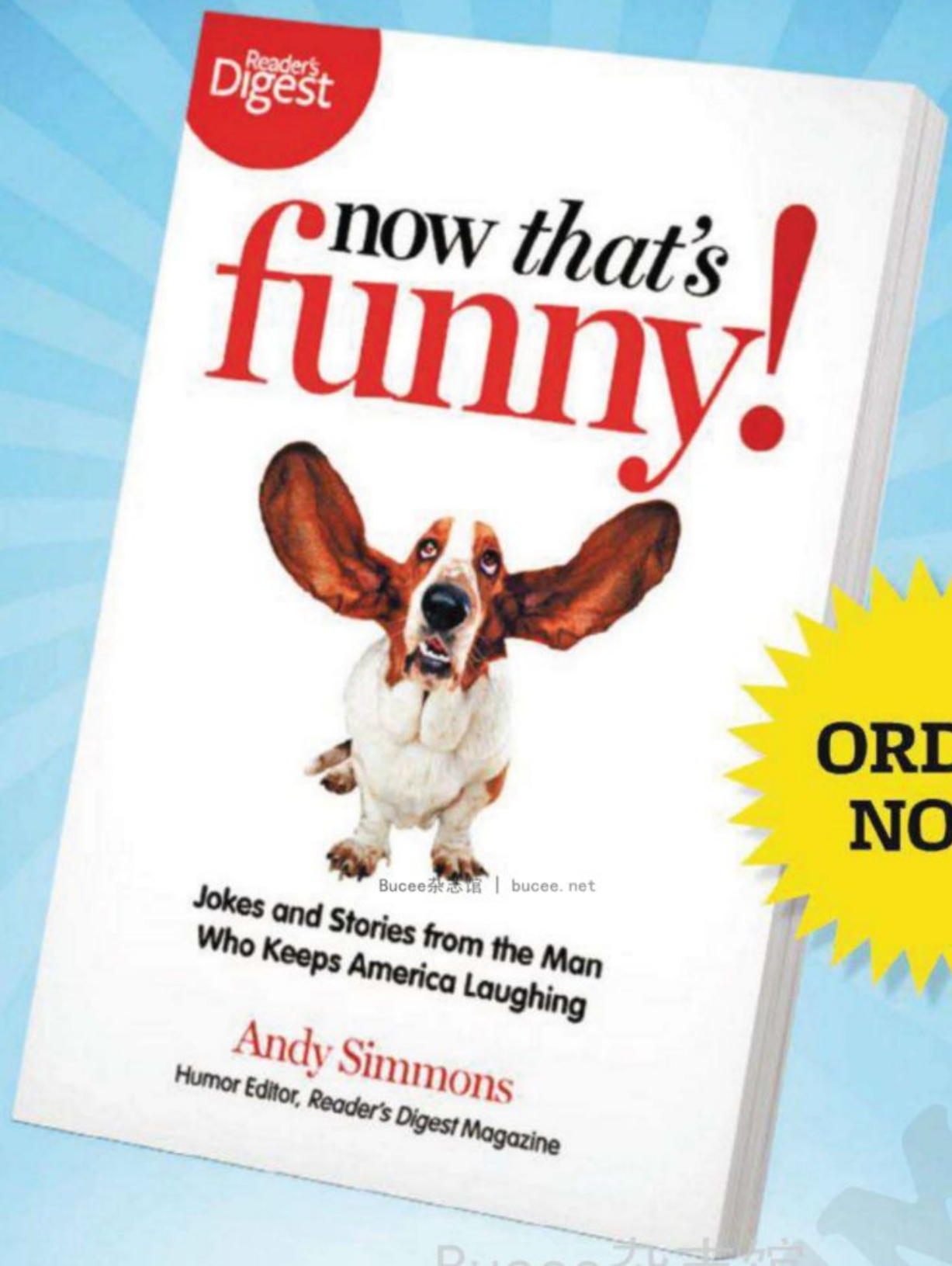
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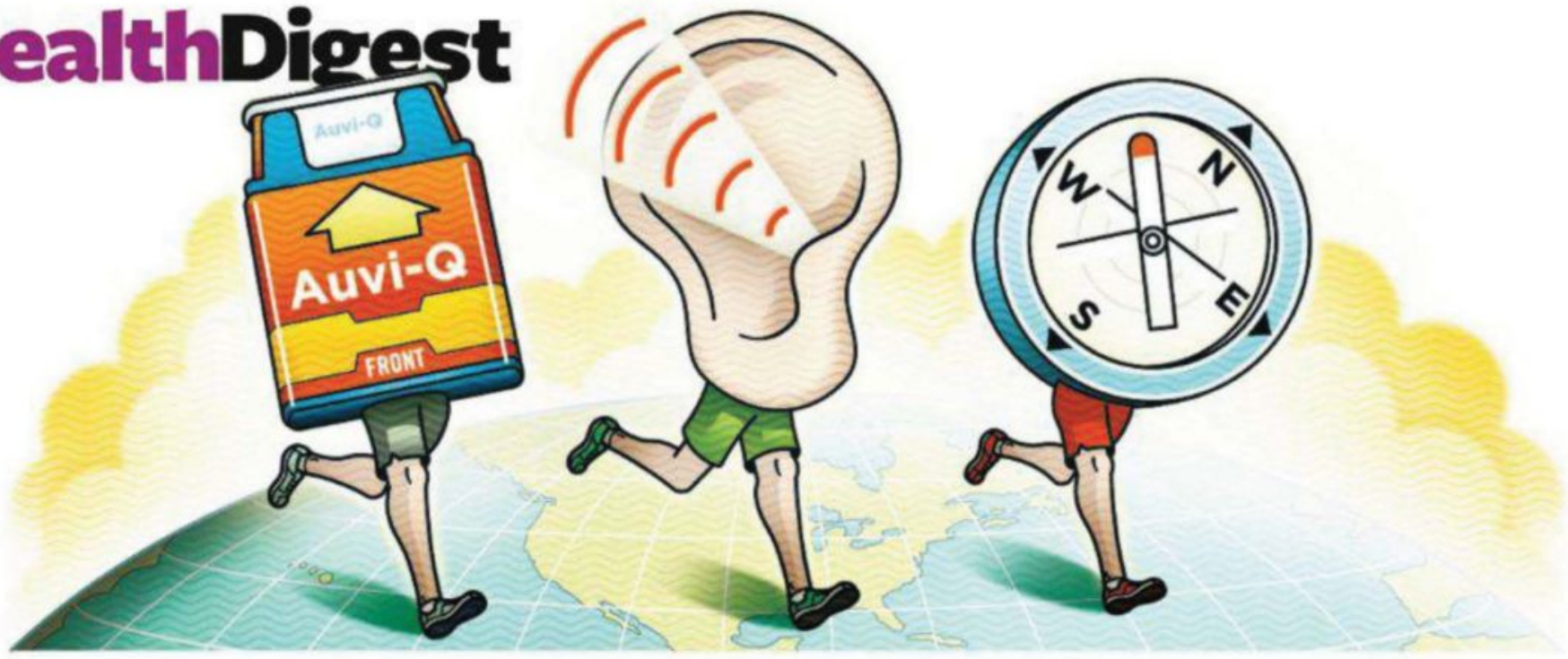

ADVANCES

News from the World of Medicine

Emergency Allergy Injection Made Foolproof

If a loved one is having a severe anaphylactic allergy attack, you likely won't have time to learn how to use an epinephrine injector during the event. But the FDA has recently cleared a smart device to talk the user through the process—literally—making it easier for others to help. The Auvi-Q epinephrine injector activates step-by-step voice instructions when you remove its cap. (Instructions are also printed on the device's side.)The Auvi-Q was developed by twin brothers with life-threatening allergies. It will be available by prescription by the end of the year.

Source: Sanofi, Bridgewater, New Jersey, auvi-q.com

How Your Teeth Can Restore Hearing

Hearing aids amplify sounds, which won't help if one ear doesn't transmit sound at all. In contrast, the SoundBite system relies on our ability to hear through bones in our head (for example, when you eat a crispy carrot and hear the crunch). A small piece worn behind the ear detects and wirelessly sends sounds to another device worn in the mouth, which sends the sound waves through the teeth and bones in the skull to both inner ears. SoundBite is available from about 50 hearing centers nationwide. The manufacturer hopes to gain Medicare reimbursement soon.

Source: Sonitus Medical, San Mateo, California, soundbitehearing.com

The Simple Solution for Dizziness

Dizziness can interfere with even the most basic daily activities, yet no drug can treat it well or cure it. But the ideal solution might be much more low-tech: vestibular rehabilitation, or balance retraining, which involves practicing movements such as nodding your head up and down or turning it to the right and left. A recent study found that patients who got a booklet with such exercises had less dizziness within weeks. The moves teach the brain how to adapt to movement, which decreases symptoms. The booklet is available directly from www.menieres.org.uk.

Source: Lucy Yardley, professor, University of Southampton, United Kingdom

Regina Nuzzo

ILLUSTRATION BY PETER AND MARIA HOEY

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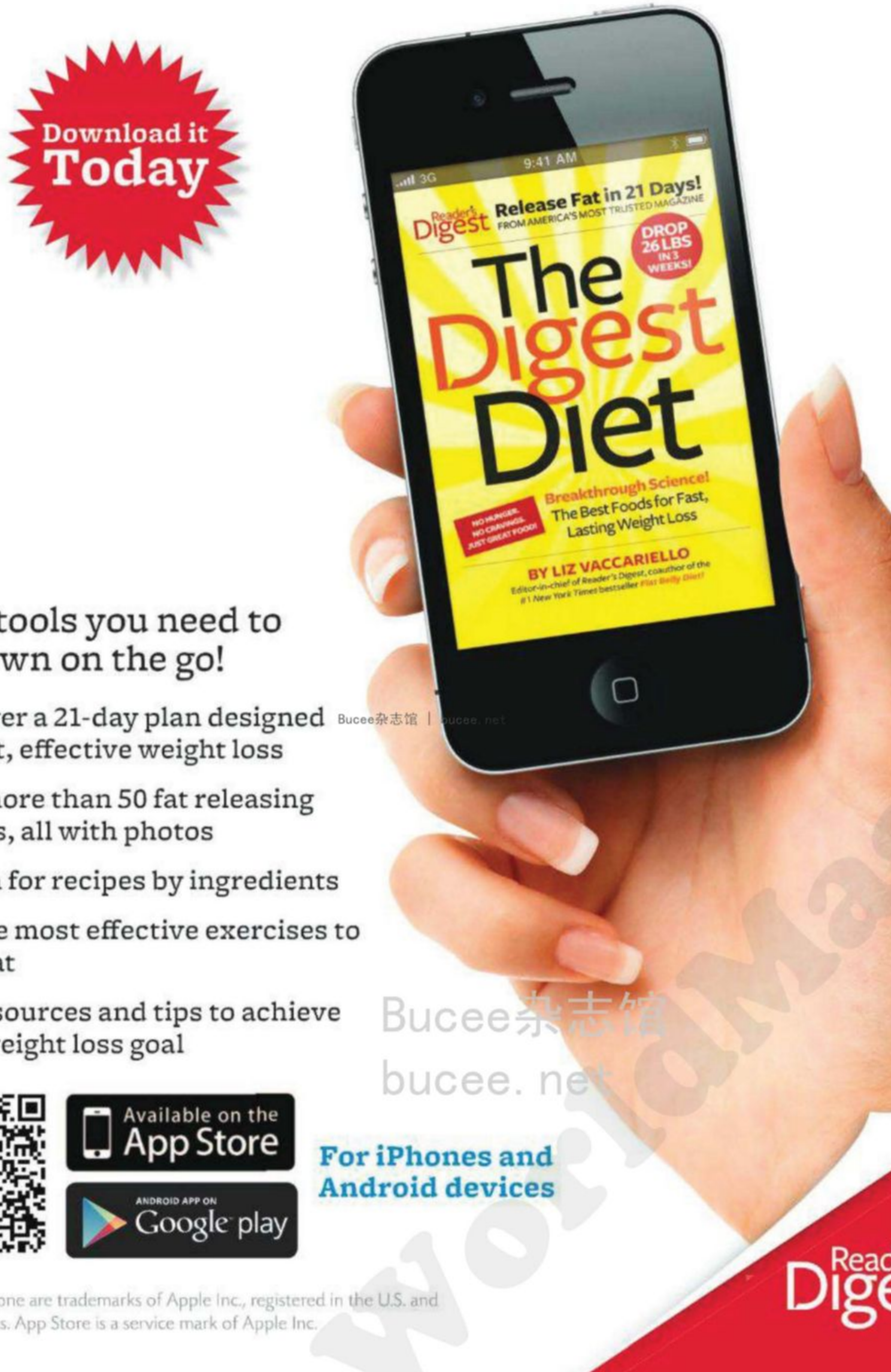
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Reader's Digest

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FORECAST

Top Home Trends for 2013

We scoured. We searched. We screened. And finally, we smiled. Lo and behold: the ultimate decor trend list for the New Year.

LATEST LIGHTING:

Hanging Baubles

Whether the bulbs are encased in spheres, shades, or Mason jars, suspended-from-the-ceiling lighting is the way to go. And chandeliers are making a comeback. The new breeds feature vintage-looking wrought iron frames.

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HOT COLOR:

Kelly Green

This vibrant hue has a yellow base, which helps to brighten up corners without overwhelming the eye. If an entirely green room seems overwhelming, incorporate the shade into your accessories. Green vases and lampshades are unexpectedly modern.

NEW NEUTRAL:

Purple

We know what you're thinking: Purple is too bold to be a neutral. Well, not this year: According to Benjamin Moore's *Color Pulse 2013*, purple is finding its place beside the tried-and-true neutrals gray and white. Try muted gray-purples and soft mauve hues on pillows and throws around the house.

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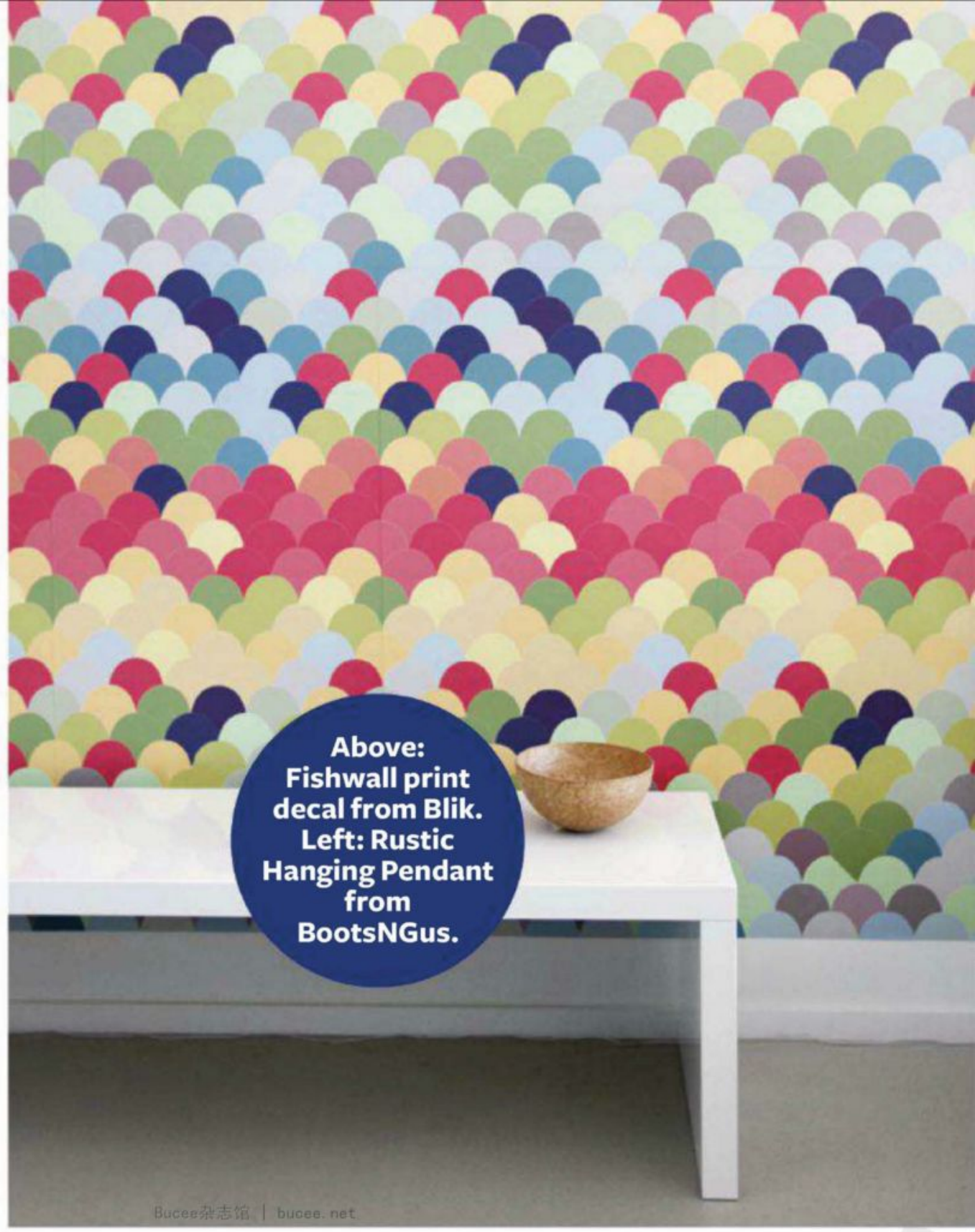
FROM LEFT: CORBIS. COURTESY BOOTSNGUS. COURTESY BLIK

TRENDY VIBE:

Retro

Styles from the '50s and '60s feel nostalgic in the New Year. One hint: If you're thinking of a bold retro tile color like lima bean green or mustard yellow, keep it in a bathroom or on a kitchen backsplash.



Above: Fishwall print decal from Blik. Left: Rustic Hanging Pendant from BootsNGus.

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BUDGET UPGRADE:

Decals

Stick art right on the walls. Decals are not only inexpensive and eye-catching but also easy to put up and simple to remove (just dab sticker edges with a damp sponge and peel off). Keep an eye out for mirrored wall stickers—the blogs say they will replace traditional mirrors in no time.

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COOL ACCESSORIES:

DIY

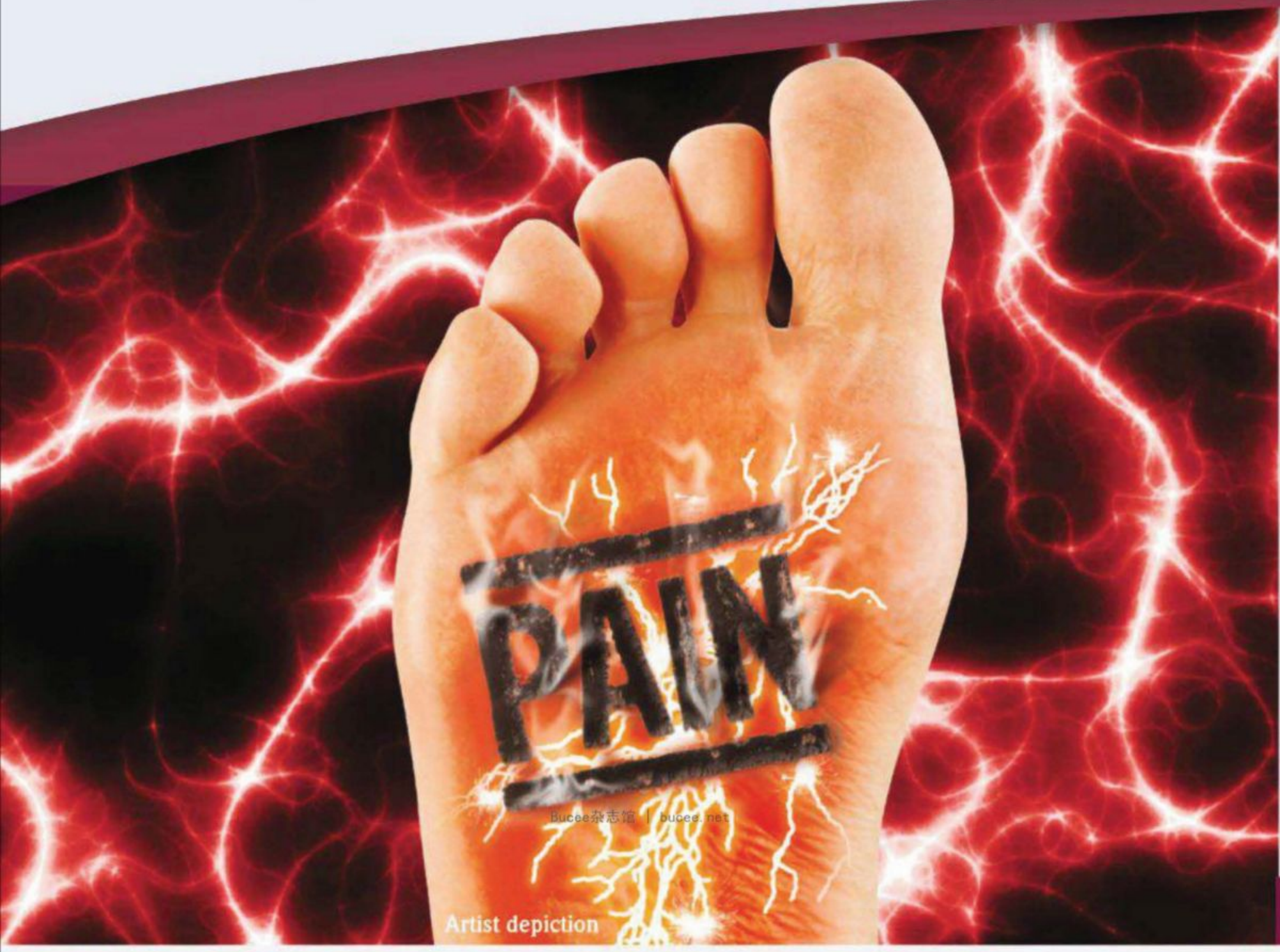
Spray-paint lampshades to add hints of color to bedroom corners. Lay a plastic or cloth-covered shade on newsprint in a well-ventilated area. Prime with a white, matte spray paint in sweeping motions, and repeat with your desired hue.

Sources: Yahoo Voices, garrisonhullinger.com, Brand Wave, blog.comfree.com, *Country Living*

DIABETES DAMAGES NERVES

which may cause shooting, burning, pins-and-needles pain.

Lyrica is believed to work on these damaged nerves.



Artist depiction

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Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if

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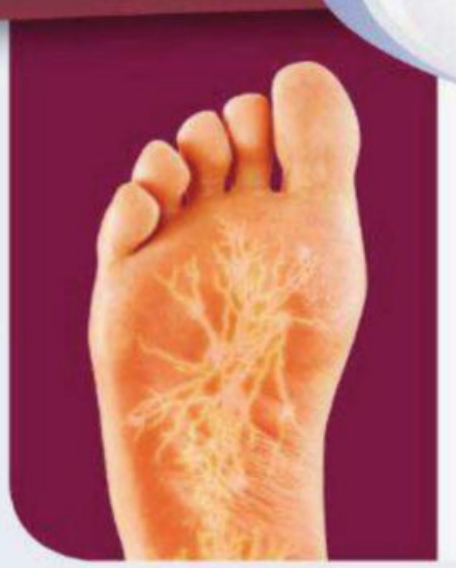

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(or pain from Diabetic Peripheral Neuropathy). This pain can worsen over time. **LYRICA provides effective pain relief so patients feel better.*** In some patients, Lyrica can provide significant pain relief in as early as the first week of treatment. And, you should know, Lyrica is not a narcotic.†

*Individual results may vary.

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†Those who have had a drug or alcohol problem are more likely to misuse Lyrica.

Relief is possible. Ask your doctor about Lyrica today.

you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Risk Information for Lyrica on the following pages.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA PREGABALIN © capsules

(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions.
Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.
LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.
LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

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BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding.
  It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects.
Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.
- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.

BEFORE STARTING LYRICA, continued

- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, trouble sleeping, increased sweating, or you may feel anxious if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

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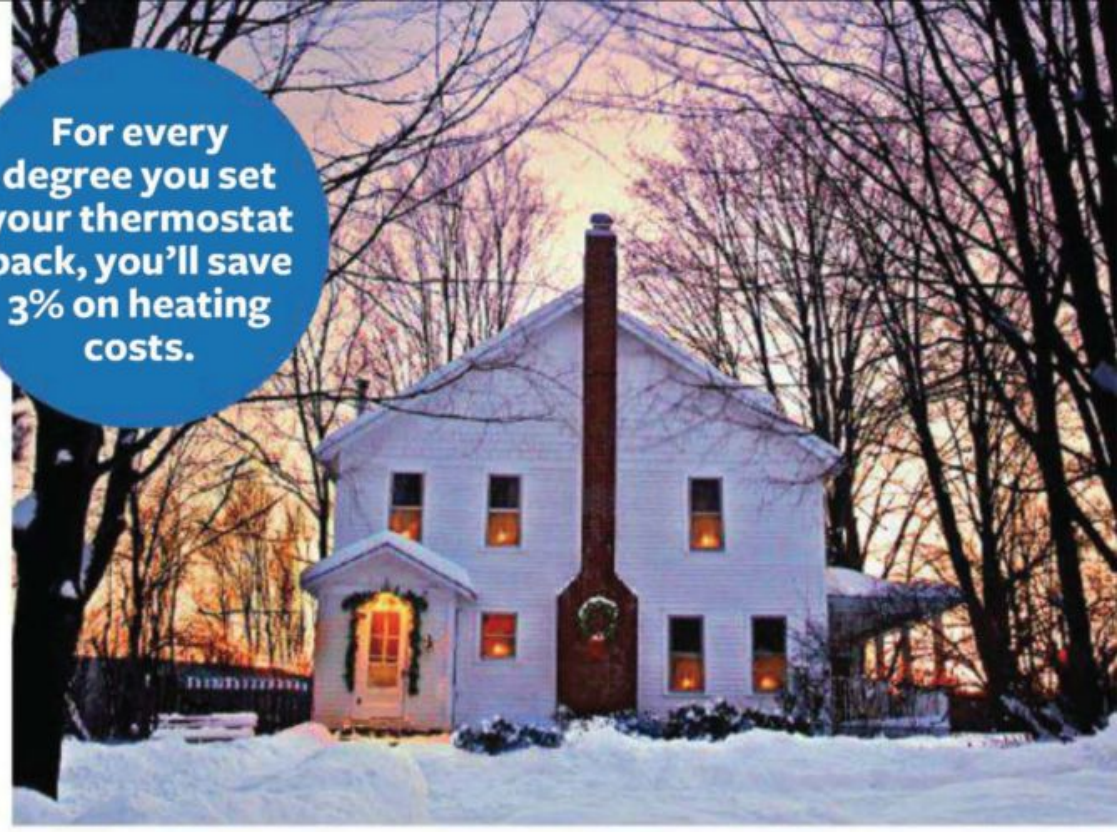

For every degree you set your thermostat back, you'll save 3% on heating costs.

PROBLEM SOLVER

Winterize Your Wonderland

Don't get stuck with impossible insulation or a failing furnace. Freeze out the frost by looking:

Under doors Place a rolled bath towel under a drafty door. Why? According to the U.S. Department of Energy, decreasing drafts can reduce your energy use by 5 to 30 percent.

On the ceiling Reverse the direction of your ceiling fan to push warm air downward.

In the basement Clean your furnace filter once a month during the heating season for increased airflow, and consider switching to a permanent filter, which traps around 88 percent of debris.

Online Free stuff? Sure! Some states offer energy-saver incentives, like free programmable thermostats and insulation upgrades. Visit the Database of State Incentives for Renewables and Efficiency (dsireusa.org) for potential deals.

In the garage Mount snow tires on a spare set of used wheels. With increased traction, you will have better stopping power.

Around the house Rearrange furniture to make sure heating vents aren't blocked.

In the attic Make sure you have at least 12 inches of insulation lining your attic to keep heat from escaping through the roof.

Sources: thedailygreen.com, MSN Real Estate, shekell.com, movingmavins.com, *Family Handyman*, House Smarts TV, bargaineering.com

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SHOVE OFF, SNOW! GET THE RIGHT GEAR FOR A ...

Driveway: Snowblower
Perfect for areas of heavier snowfall, snowblowers are lightweight and effective. Remember to blow snow with the wind instead of against it to avoid double-duty work.

Sidewalk: Snow thrower
Ideal for small areas, snow throwers work best with thin layers of powder and are great for curved walkways with tricky corners. If you have back pain, use this tool to avoid heavy lifting.

Winter workout: Shovel
Get some exercise without the gym fee. One tip: Clear snow off your car first to avoid extra labor.

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Mud on Carpet

Get Out Tough Carpet Stains!

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Cranberry Sauce on Shirt

Pretreat for Success!

Dissolve **OxiClean™ Versatile Stain Remover** with warm water and apply solution to stain. Rub & wait up to 10 minutes and wash as normal!

Wine on Couch

Save Your Upholstery from Stains!

Create a solution of **OxiClean™ Versatile Stain Remover** and warm water. Apply solution directly to stain, rinse with clean water & blot until dry!

Gravy on Tablecloth

Pre-Soak Tough, Dried-In Stains!

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All Natural*	✓	?
LifeSource® Bits	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken or Poultry By-Product Meals	✓	?

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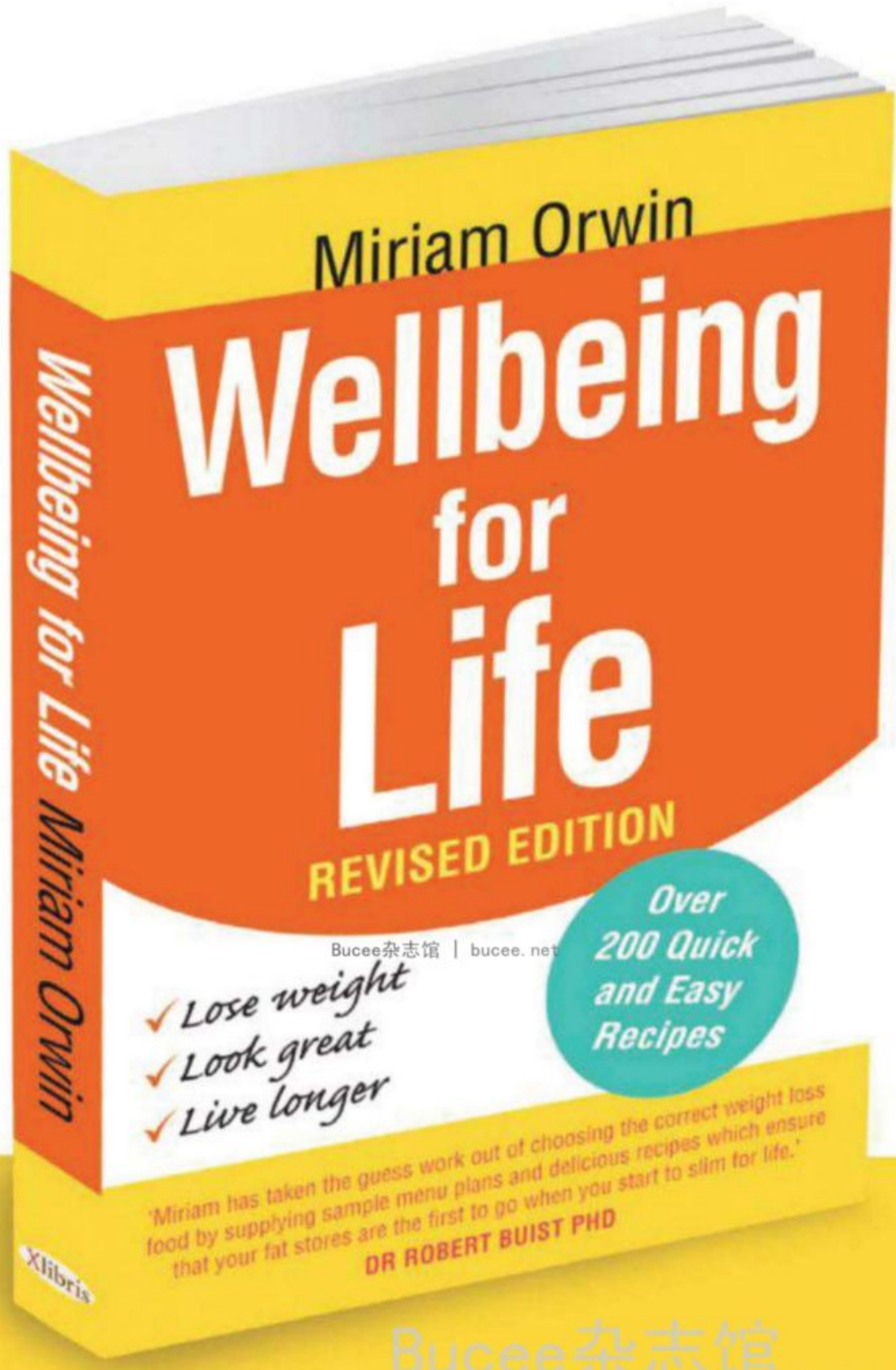
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EDITED BY ALISON CAPORIMO

ESSAY

The Holiday I'll Never Forget

A secret father-son pact still delights Phil McGraw decades later

Jay taught the Christmas spirit to younger brother Jordan (pictured here in 1988).

Before I begin, let me make it clear that I have seen enough evidence (thanks to my children and grandchildren) to believe that Santa lives at the North Pole and swings down to the States every year. Here is a little story about the time I played Santa's helper.

The McGraw Christmases are known in our family as "Robin Originals," with each year's decorations more elaborate than those of the year before: lights, garland, and life-size figurines. One year, our son Jay, who was six years old and an only child at the time, asked for a new sound system. "Please bring me a new stereo so I don't have to listen to my dad's old music," he told the mall Santa. Robin and I took note.

On Christmas Eve, we placed Santa's cookies and milk by the fire, tossed a few carrots on the roof for the reindeer, and put Jay to sleep in our bed at the back of the house, where the sound of Santa's boots wouldn't wake him. That's when I retired to the NASA-level workshop I had set up in the spare bedroom and spent >>

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the whole night putting together that stereo.

At one point, I took a break to move Jay from our bed to his—he was afraid that Santa might think he wasn't home and would forget to leave presents. He squirmed a bit while I carried him but never opened his eyes. At long last, I finished the stereo and positioned it by the tree, worried sick that it wouldn't play but too scared to turn it on and accidentally blast our son out of bed.

We actually got the most joy from Santa when Jay kept the magic alive with us.

Robin and I fell asleep early that Christmas morning, filled with satisfaction. At 7 a.m., Jay woke us up and led us to the Christmas tree at a dead run. He fell in love with the sound system—we were deaf for a week.

A few days passed, and Jay asked me a surprising question. "Dad, how did I get from your bed to mine?" Ever the clever one, I said, "Santa moved you! Isn't that fun?!" He said nothing, walking into the hall and looking closely at the floor. He came back, arms folded. "Dad, we need to talk, but Mom can't hear. Santa either wears the same cologne as you do, or you are Santa Claus!" I was stunned. "Look at the wheel marks on the carpet. The stereo was rolled out of that bedroom and down the hallway."

My first thought was: Are you kidding me? The kid was only six, and he busted me with circumstantial evidence. His big concern: that we not tell his mother, because he was certain she didn't know. "It will be our little secret," I told him, much to his delight. "We men have to stick together."

After that, the real fun began. Jay got to be Santa when we donated presents to a needy family—he just loved it. Then, little brother Jordan was born, and Jay continued to play along. We actually got the most joy from Santa when Jay kept the magic alive with us.

Christmas is still a special time around the McGraw household. Robin and I now have a few grandchildren to shop for. The only stipulation when it comes to gifts is that I don't have to build it. The last time I tried to fix something—my '57 Chevy—I ended up taking it to a garage, where it was stolen! Since I'm sure *Reader's Digest* makes it to the North Pole, I must take this time to remind Santa that I'd love to have that car back. Unless, of course, he's using it to deliver his hoard of presents. ■

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Phil McGraw is the author of *Life Code: The New Rules for Winning in the Real World* (Bird Street Books, $26; available exclusively at thebooknook.com). His television show, *Dr. Phil*, airs weekdays; check local listings.

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PHOTOGRAPHY

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MATT DUCKLO (2)

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DIGITAL

NEW WEB WORDS TO KNOW

Upgrade your Internet IQ with these new monikers:

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Do Aunt Inga's daily updates about her ten cats annoy you? There's a word for that: *fram,* spam e-mail that is sent to you by friends and family.

Cornea Gumbo

If you click on a website, and your eyes are bombarded with an overdose of flashing buttons, ads, and icons, you are a victim of cornea gumbo.

POTATO

The next time your dad ends an e-mail with *TTYL,* tell him that he is a POTATO—a "person over thirty acting twenty-one" online.

Threadjack

When someone on the mailing list takes the conversation completely off topic, they've threadjacked the e-mail chain.

Source: buzzfeed.com

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Fact: According to our survey, 30% of senior women will not go outside today.

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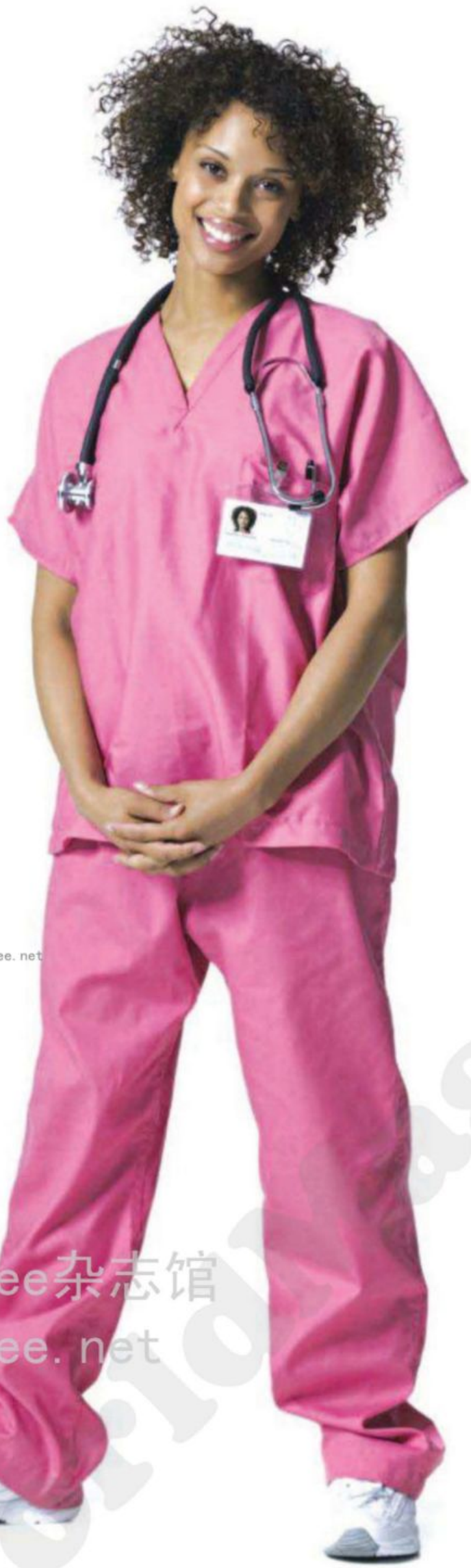

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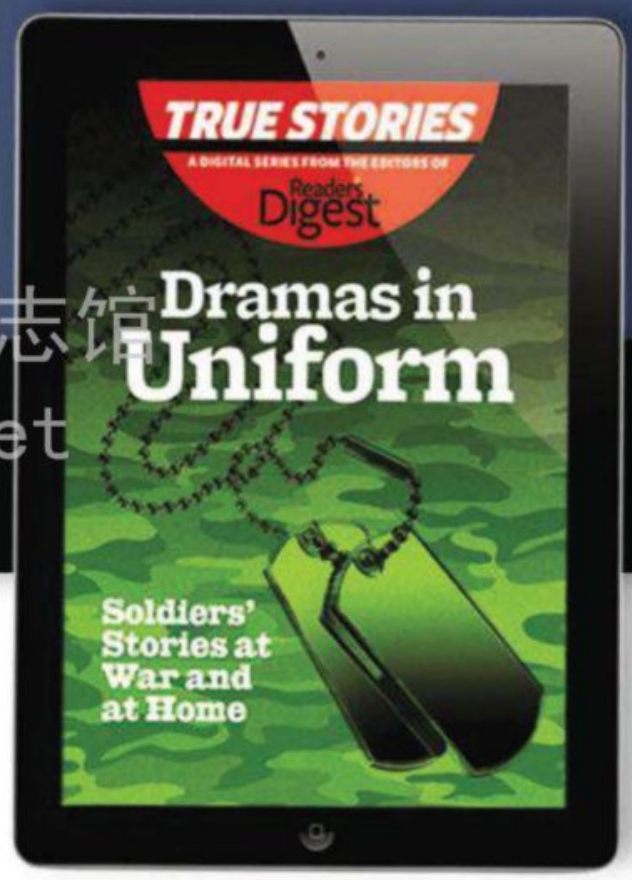

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PHOTOGRAPH BY SAM KAPLAN

Everyday heroes, random acts of kindness, moments of grace—these miracles, large and small, visited us this past year. Here, we mark the triumphs above the troubles and tragedy. **Our team compiled the best of 2012.**

The Year in Miracles

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The Kindness of Strangers

Every morning in West Tennessee, some down-on-his-luck person finds a freshly baked pound cake on his stoop. Attached, a simple note: **"Somebody loves you."** This bit of decency comes courtesy of the Nine Nanas, long-anonymous women devoted to helping the less fortunate. ✦ From his wheelchair, all Patrick Connelly could see at the Blake Shelton concert in Overland Park, Kansas, was a sea of people. Then two strangers ***hoisted Connelly aloft on their shoulders*** for over 20 minutes in grueling 100-degree heat, long enough for the disabled man to watch his hero perform. ✦ **When a thunderstorm totaled waiter Greg Rubar's car, two regular customers decided that a 15 percent tip just wouldn't do. So the couple handed him $5,000 in cash and told him to buy a new car.** ✦ Thirty thousand people from 84 countries donated over $700,000 to bus monitor Karen Klein, 68, of Greece, New York, after a video of seventh graders bullying her went viral. ✦ Born with a rare immune deficiency, **three-year-old Lucas Gonzalez** (left) was in desperate need of a bone marrow transplant. And his family knew where to go to raise the funds: the social news site reddit .com. Within 24 hours, they'd collected more than $50,000. ✦ In a record-setting spate of anonymous giving, total strangers from all over the country ***donated a kidney to someone in need.*** It all

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GROOMING: NIKKI WANG. (LEFT) COURTESY LOVEFORLUCAS.COM

Since overcoming a rare eye disease that left her blind for four years, Brooklynite Cassy Rivera, 38, a mother of two daughters, has been donating at least $50 of her monthly disability check to a charity or using the money to buy clothes or other gifts for neighbors in need. "Since I got my sight back, I love seeing people smile," Rivera says.
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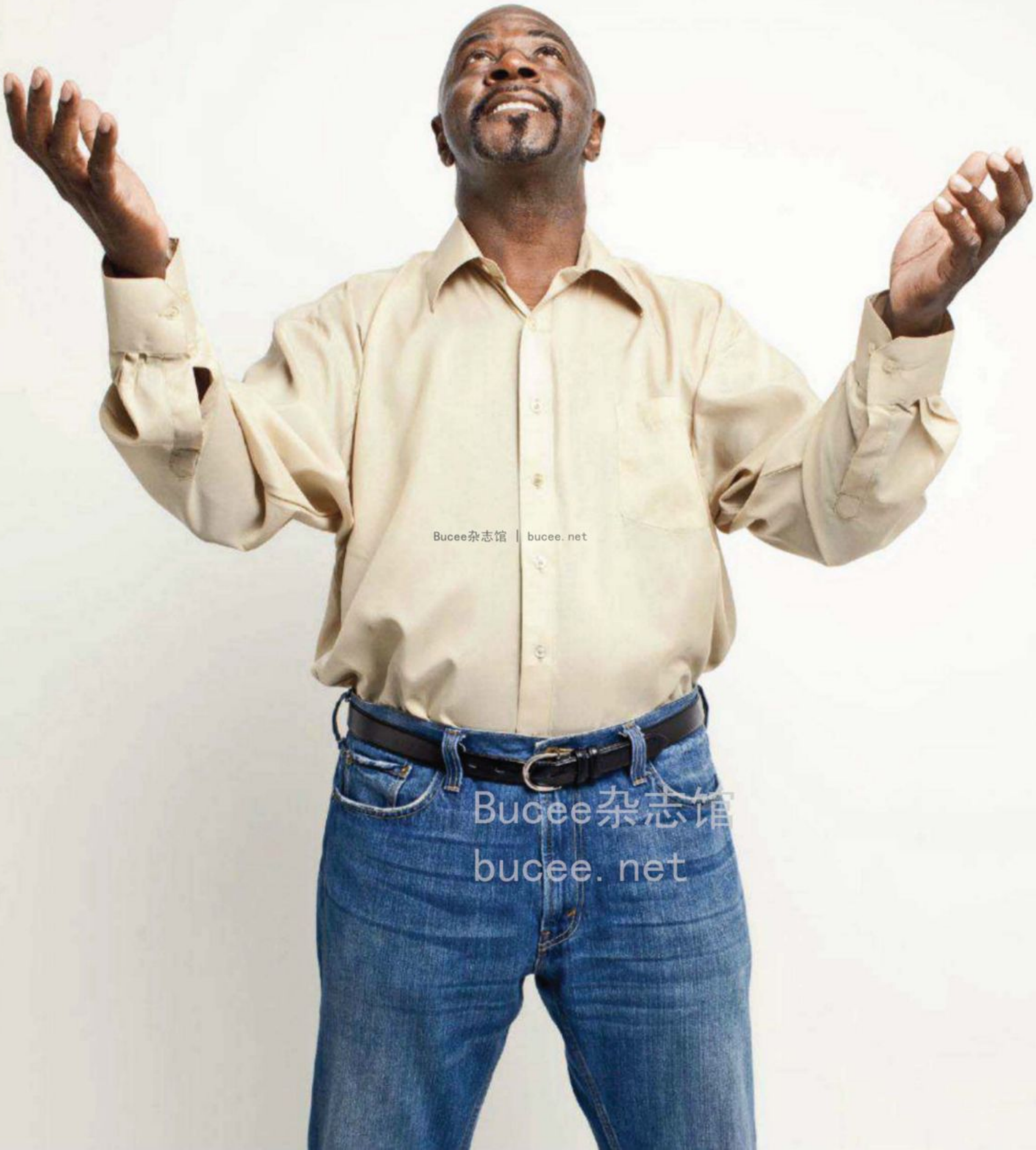
Walking home from his shift as a New York City bus driver, Stephen St. Bernard, 52, heard screaming and saw seven-year-old Keyla McCree standing on top of an air-conditioning unit outside the window of her third-floor apartment. **He rushed over in time to catch the child** as she fell the 25 feet. The force of the lifesaving catch tore a tendon in St. Bernard's shoulder; the girl suffered only minor injuries.



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started when Rick Ruzzamenti, 44, of Riverside, California, gave a kidney to someone in New Jersey. Inspired by the anonymous gift to her uncle, the recipient's niece, Teresa A. Gavin, donated her kidney to Brooke R. Kitzman, a needy patient in Michigan. Kitzman's ex-boyfriend, David Madosh, continued to pay it forward by giving a kidney to someone he didn't know in Pennsylvania. When it was all over, 30 recipients and 30 donors had participated in the chain.

✦ **Hours before the bank foreclosed on Grandview Baptist Church in Morganton, North Carolina, an anonymous person paid off $345,000, a huge portion of the church's loan.** ✦ Her family's financial straits meant no Christmas presents for Helen Cardenas. So the Seattle five-year-old wrote to Santa asking for gifts, then attached the note to a balloon. Seven hundred miles later, it landed on Frank Sanderson's ranch in Laytonville, California. ***The Sandersons bought the presents on the list*** and sent them to Helen. ✦ After moving to Raleigh, North Carolina, Melinda Schmitt decided to hug as many people as possible for a year. **She's at 1,000 and counting.**

Amazing Saves

Petra Anderson, a victim of the Aurora, Colorado, movie theater shooting in August, was rushed to the hospital with a shotgun pellet lodged in the back of her brain. But Petra was lucky in one sense: The pellet's path had ***missed all her brain's vital areas,*** ultimately causing little damage. ✦ Researchers studying gorillas in

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Rwanda spotted monkeys ingeniously disabling poachers' traps with their bare hands. ✦ When a gunman opened fire on the Sikh Temple of Wisconsin, in Oak Creek, 65-year-old Satwant Singh Kaleka saved lives while sacrificing his own by confronting the murderer with a butter knife. Around the same time, Lt. Brian Murphy urged fellow officers to help others ***despite having been shot nine times*** at close range. He survived.

✦ A devastating wildfire wiped out 5,500 acres in Ogden, Utah. But surviving the conflagration—barely—was a **70-day-old golden eagle, found near a charred tree.** The badly burned bird (left) is alive thanks to its parents, which refused to give up and routinely dropped food, like rabbit and squirrel, for it to eat while the nest smoldered. ✦ Kite surfer Jan Lisewski was en route from El Gouna, Egypt, to Duba, Saudi Arabia, on the Red Sea when the winds petered out. Making a bad situation worse: **Sharks began circling him.** Luckily, the 42-year-old Pole had a knife, which he used to keep the toothy fiends at bay until he was rescued ... 40 hours later. ✦ When Lezlie Bicknell pulled into a parking space near Albuquerque, New Mexico, she noticed two unattended toddlers in the van parked next to her, one of them sitting in the driver's seat. Before she could shift her own truck into park, the van began to roll backward toward a busy street. When Bicknell jumped out of her truck to help, it, too, drifted backward, **preventing the van from rolling onto the road.** ✦ A 72-year-old man visiting New Hampshire suddenly lost his

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LEAH HOGSTEN/*SALT LAKE TRIBUNE*/AP PHOTO

Although he'd been told to leave the operating room for his own safety, Lt. Cmdr. James Gennari, a Navy trauma nurse, stayed on to help the surgeon **remove a 14-inch live grenade** from a Marine's thigh after the soldier was shot in Afghanistan in January.

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memory. He didn't know who he was, but something told him he belonged in North Carolina. ***So he walked and hitchhiked all the way back*** to the Tar Heel state. With the help of police and the initials on his wedding ring, he figured out his identity and located his family. ✦ At the Ohio state track and field championships, Meghan Vogel, 17, **watched as her struggling opponent in the 3,200-meter finals, Arden McMath, collapsed from exhaustion.** Helping her to her feet, Vogel made sure McMath (left) crossed the finish line before she did. ✦ **In Loudonville, Ohio, a five-year-old boy plunged 35 feet face-first into a pool at the base of a waterfall after wandering off a hiking path and away from his parents. Hikers pulled him out of the water, revealing only minor injuries.** ✦ An online game of Words with Friends became a lifesaver when Georgie Fletcher of Australia wrote to Beth Legler of Blue Springs, Missouri, that her husband, Simon, was having chest pains. Beth told her husband, Larry, a doctor, who suggested he go immediately to the hospital. ***Simon had a 99 percent blockage in an artery near his heart*** and would have died had he not gone to the hospital that day. ✦ After her student fell into a flooded mine shaft, a kindergarten teacher near Hanover, Germany, jumped in after him and **didn't stop falling for 75 feet.** Once she splashed down, she kept the boy's head above the frigid water for two hours until they were rescued. ✦ **No one was killed, and only seven people were injured, when a 12-ton fighter jet crashed into an apartment complex in Virginia Beach, Virginia.**

MIKE ULLERY/*PIQUA DAILY CALL*/AP PHOTO

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Baltimore, Maryland, police officer Dan Waskiewicz

responded to a call about a vicious pit bull chasing kids in a local neighborhood by calling the dog over to him and giving it water. He eventually adopted the dog.

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Next time you think that guy cadging money is a nuisance, think of Joshua Johnson. The 20-year-old college student returns to New York City every weekend to **tap dance in the subway** in order to pay his $6,000-a-year tuition at Penn State.

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Breakthrough Moments

Turned off by Photoshopped pictures of models who don't reflect the way real teens look, 14-year-old Julia Bluhm of Waterville, Maine, circulated a petition urging fashion magazine *Seventeen* to publish at least one spread per issue featuring unaltered photos of models. ***Eighty-four thousand signatures later,*** editors announced they'd "celebrate every kind of beauty." ✦ **On June 23, following years of Don't Ask, Don't Tell, Air Force Tech Sgt. Erwynn Umali became the first active duty serviceman to marry his same-sex partner on a military base.** ✦ Three years after colliding with a minibus while riding her bike and breaking a vertebra in her neck, **Kristina Vogel of Germany (right) claimed a gold medal** at the 2012 Olympics in the women's team sprint track cycling event. ✦ When Jeremy Lin joined the NBA, he had to overcome some powerful stereotypes regarding Harvard graduates and Asians playing in the NBA. This past year, Lin changed minds, coming off the bench ***to hit impossible shots and dish out eye-popping passes*** while leading the New York Knicks to an improbable postseason appearance. And though injuries knocked him out for the latter part of the season, Linsanity took hold. ✦ **Rejoice!** A speech-jamming device, created in Japan, can stop someone from talking by simply playing his voice right back at him at a slight delay,

BRYN LENNON/GETTY IMAGES

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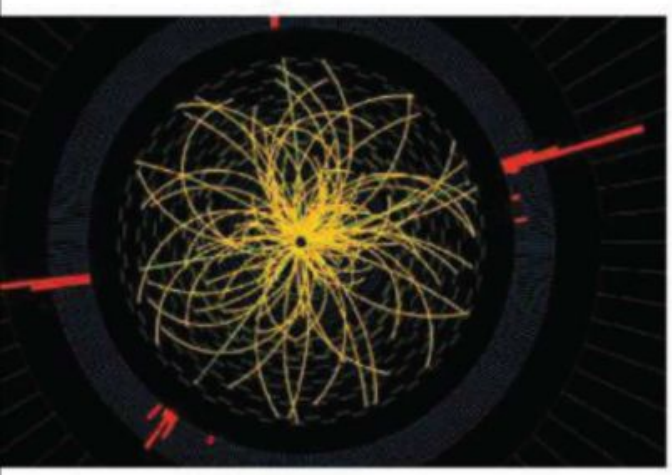
causing him to stutter. Why the jubilation? We plan on aiming one at obnoxious cell phone chatterers. ✦ **A pastel version of *The Scream*, by Norwegian painter Edvard Munch, sold for $120 million in a New York City auction, setting a new world record for an auctioned work of art.** ✦ Combining scientific innovation and personal determination, Claire Lomas, 32, who is paralyzed from the chest down, completed the London Marathon in 16 days ***with the help of a $70,000 "bionic suit"*** that allowed her to stand and walk on her own. ✦ As proof to English majors that physicists actually do something useful all day, scientists in Geneva announced the discovery of **the Higgs boson, a subatomic particle** considered the key to understanding the universe (left). ✦ Neat handwriting is difficult for most first graders, but not for Annie Clark. Although the seven-year-old from West Mifflin, Pennsylvania, was born without hands, she learned how to write with a pencil wedged between her arms, ***allowing her to snag an award and a trophy in a national handwriting contest.*** ✦ Michael Phelps became the most decorated Olympian of all time when he won gold as part of the U.S. 4-by-200 relay team. He finished his career with **22 medals, 18 of them gold.** ✦ After suffering a stroke that left him completely paralyzed, a British man typed this message on Twitter using a computer that tracks pupil activity: **"Hello world. I am Tony Nicklinson.** I have locked-in syndrome and this is my first ever Tweet." Within 24 hours of posting, Nicklinson had nearly 2,500 followers. ✦ Getting the



CERN/*NEW YORK TIMES*/REDUX

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Four-year-old Emma Lavelle was born with a rare muscle deficiency that prevents her from lifting her arms on her own. Traditional arm braces proved too heavy for the little girl, so mechanical engineer Tariq Rahman used a new 3-D printing technology to craft a lightweight muscle-supporting "exoskeleton" small enough for kids. Wearing her "magic arms," **Emma was able to lift her arms for the first time.**

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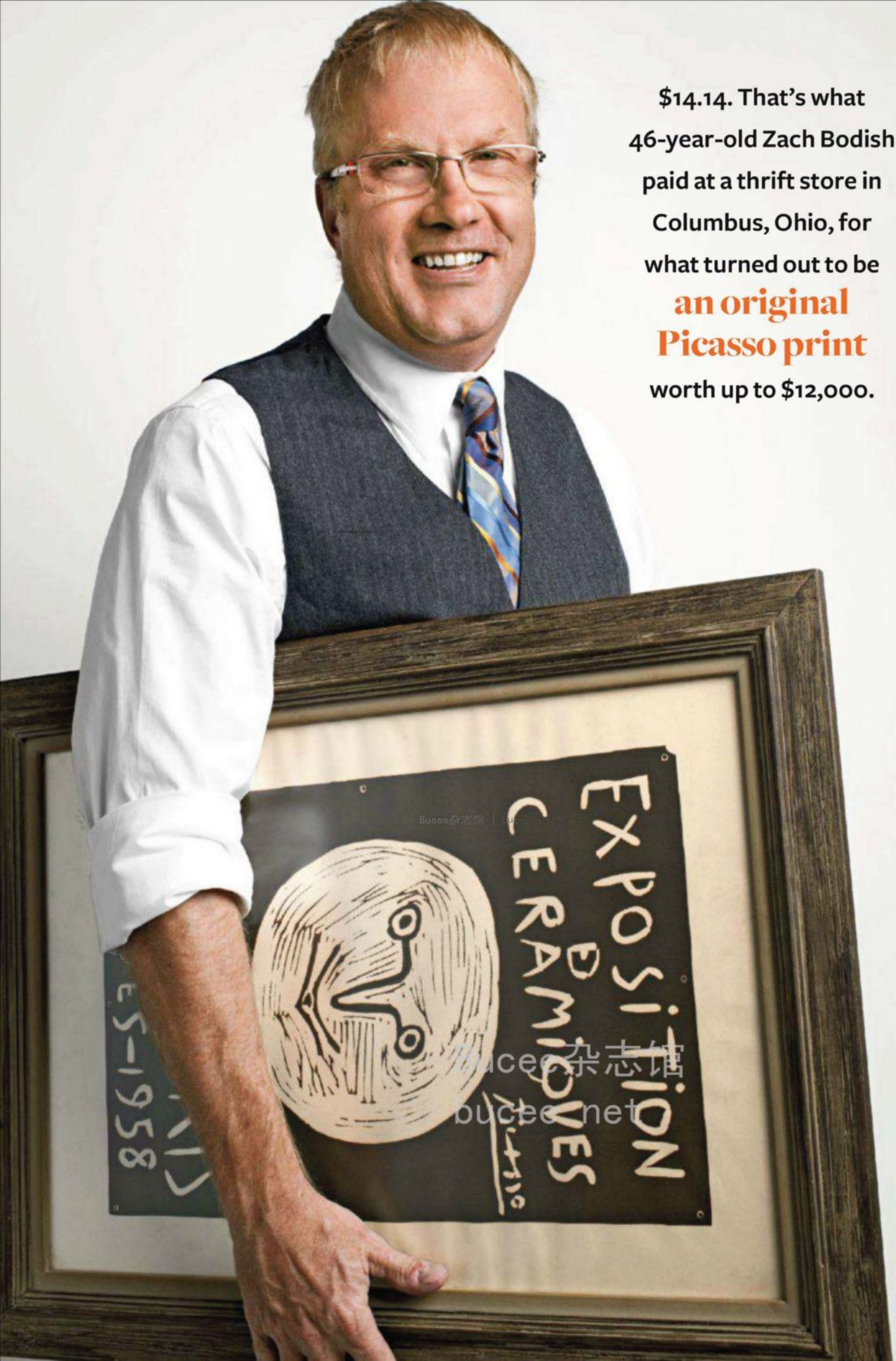
$14.14. That's what 46-year-old Zach Bodish paid at a thrift store in Columbus, Ohio, for what turned out to be **an original Picasso print** worth up to $12,000.



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chance to punch one another in the face may not seem like a great leap forward in equality, but for many athletes, that's exactly what it is. In August, women's boxing was finally recognized as an Olympic sport. ✦ Alzheimer's patient Henry Dryer went from unresponsive to animated after listening to familiar music from his past. A six-and-a-half-minute video of Henry "awakening" ***has more than six million views on YouTube.*** ✦ **Trying to hit a golf ball has brought many a grown man and woman to tears. So imagine golfing in the low 80s when you're only a teen. And blind! Fifteen-year-old Jake Olson's goal: to become the first blind golfer on the PGA tour.**

Surprise!

Most people pray when they play the lottery. But 81-year-old Louise White of Newport, Rhode Island, went one better, stowing the winning ticket in a Bible, even sleeping with it, for safekeeping until cashing it in. Why? ***The $336 million jackpot*** she clinched is the sixth largest ever. ✦ In August, nearly 50 years after they divorced, **Lena Henderson and Roland Davis, both 85 (right),** remarried. Four generations of family, including 20 grandchildren, attended the event in Buffalo, New York. ✦ In what may be the biggest miracle of all, officials in Santa Clara, California, took $30 million in tax money

DAVID DUPREY/AP PHOTO

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earmarked for a new 49ers football stadium ***and spent it on schools.*** ✦ Here's a miracle of modern medicine: Rushville, Illinois doctor Russell Dohner, 88, **charges patients just $5 per visit**—that's $3 more than he charged when he opened his clinic in 1955. ✦ **Karl Kissner was picking through boxes in his late grandfather's attic in Defiance, Ohio, when he found baseball cards sporting names like Ty Cobb, Honus Wagner, and Cy Young. The 700 cards, from 1910 and all in pristine condition, are worth up to $3 million.** ✦ After sitting on the wrong nest, Hilda, a bantam hen, hatched and cared for five Indian runner ducklings in Poole, Dorset, England. ✦ In an astronomical event that won't happen again in our lifetimes, **the planet Venus passed directly between Earth and the sun (left).** ✦ He's still in diapers, but two-year-old Anthony Popa Urria **became the youngest Canadian to join Mensa.** The little genius, who lives in Calgary, Canada, speaks three languages, reads in full sentences, and solves complex 70-piece puzzles. ✦ When Addison Logan, 13, of Wichita, Kansas, bought an old Polaroid at a garage sale, he found a photo in the cartridge. ***It was of his late uncle Scott, who had died 23 years earlier.*** ✦ Marine Staff Sgt. Jeremy Cooney came home from Afghanistan and had a surprise waiting for him. His six-year-old son, Michael, who suffers from cerebral palsy, walked into his father's waiting arms **for the first time ever.**

REX FEATURES/AP IMAGES

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Dumpster diving isn't fun, even for a sanitation worker. But that's what Gary Gaddist did when fellow New Yorker Danielle Hatherley Carroll

accidentally threw out her wedding ring.

He searched through the garbage in his truck until he found the elusive band.

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Moment of Grace

A dip in Lake Superior helps soothe 19-year-old Shoep's arthritic legs, so his owner, John Unger of Bayfield, Wisconsin, indulges him whenever he can. ***This photo has been clicked on millions of times*** since it was posted over the summer, and for good reason—it captures unconditional love as well as anything we've seen in a while. ■

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HANNAH STONEHOUSE HUDSON/JAMU ENTERPRISES

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BREAKING UP WITH FOOTBALL

A SPORTSWRITER AND LONGTIME FAN WON'T BE TUNING IN ANYMORE. THE REASONING BEHIND HIS DECISION IS A MUST-READ FOR ANYONE WHO LOVES THE GAME.

BY PATRICK HRUBY ● FROM sportsonearth.com

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I WAS IN TOWN visiting a former NFL lineman. Call him Max. The hotel restaurant was closed, so we ate at the bar.

During his time in football, Max was hit in the head. A lot. He has since endured nine brain surgeries. He has serious trouble remembering things, as the main character in the movie *Memento* did. Max and I were both carrying notepads, but for different reasons.

There was a game on. Saints–Cardinals. The first contest of the NFL preseason. Max had his back to the television. Once upon a time, he was an avid hunter. He owned a successful business. Today, he's unemployed. Pretty much broke. Lives in a trailer outside his brother's house. He probably shouldn't drive, probably shouldn't own guns. He gets angry. Has a hard time sleeping. Misses his family. His estranged wife and children are afraid of him.

SEEING PEOPLE RUIN THEMSELVES FOR ENTERTAINMENT'S SAKE ISN'T JUST SORDID. IT'S GHOULISH.

On the television behind the bar, a Cardinals receiver caught a pass. A Saints defender dutifully drilled him, slamming the receiver's helmet into the turf. The guys at the bar cheered. I was drawn to the replay, slow-motion and high-definition, the whiplash bounce of the receiver's skull. I wondered how much of the play the receiver would even remember.

Max turned his head. "Look at that hit," he said. "In the old days, I would have gone, 'Oh, man, great hit.' Now I see it differently. I can't watch this."

Neither can I.

THIS IS GOING TO SOUND strange coming from a sportswriter on a sports website. But this season, for the first time I can remember, I'm not watching football. Slowly, over time, I've found myself worrying more and enjoying football less. I've come to feel that seeing people ruin themselves for entertainment's sake isn't just sordid. It's ghoulish.

Everyone knows that football physically destroys its participants from the outside in—breaking bones, smashing shoulders, shredding ligaments. It's just that no one really cares. A football player goes down, writhing in pain. A trainer jogs in from the sideline. Cut to commercial. The end. The entire scene is routine and mundane.

Brain damage destroys lives from the inside out—not only what people can do but also who they are. For much of the past two years, I've been reporting and writing on football's concussion crisis, which is less a crisis than an everyday state of affairs

PREVIOUS SPREAD: GETTY IMAGES

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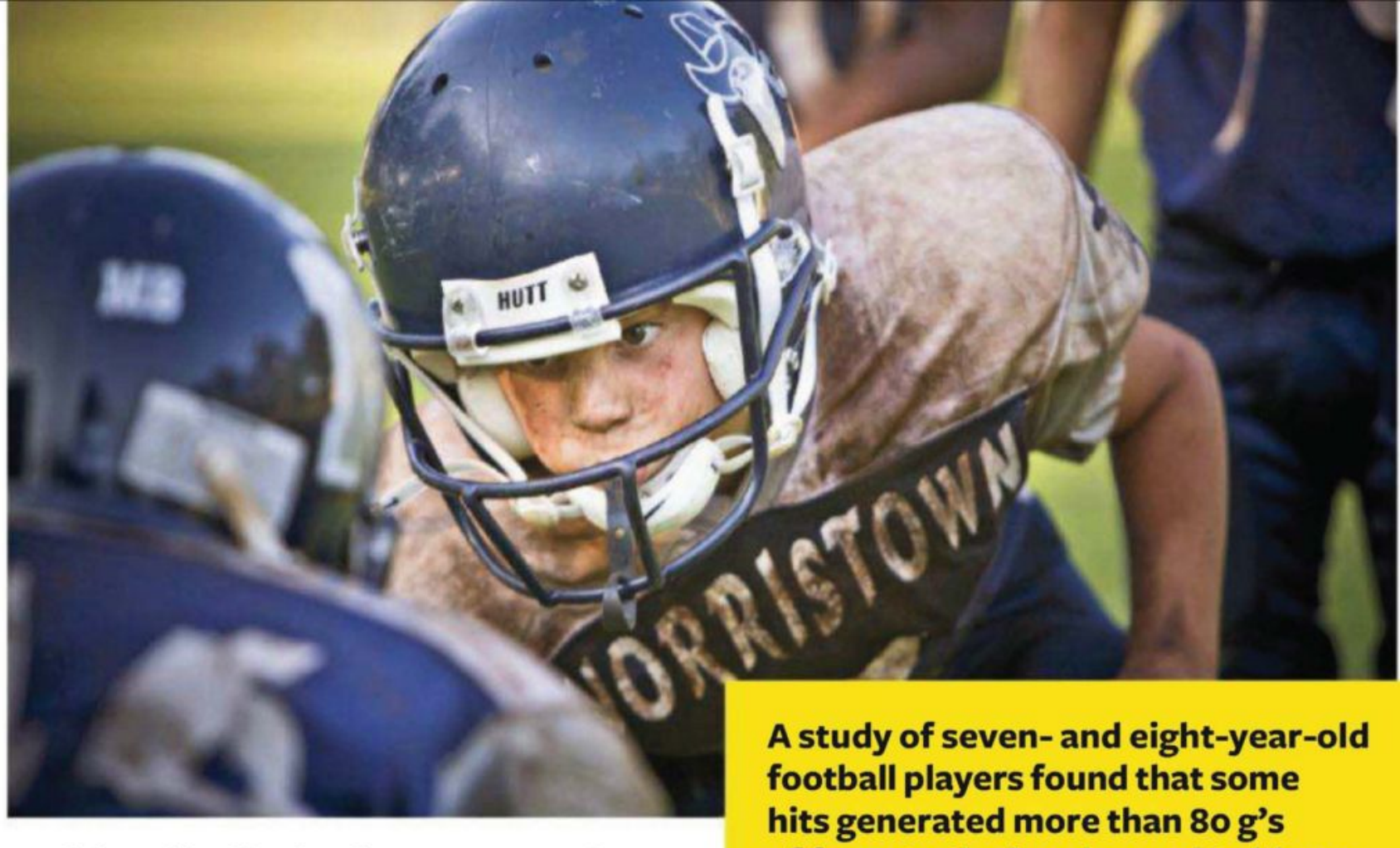

A study of seven- and eight-year-old football players found that some hits generated more than 80 g's of force to the head, equal to blows delivered in college football.

and hardly limited to concussions. (Big hits, little hits: They're all unavoidable, and they all add up.) I've met parents mourning the death of their teenage son; former players who get lost driving around their own neighborhoods; scientists describing in microscopic detail how proud, intelligent men become hollow, half-mad husks. I've learned that the NFL can be callous, and fans even more so, and that for many people, ignorance is bliss, even when it involves the health of their own children.

I CAN'T WATCH FOOTBALL because of Linda Sánchez, a California congresswoman and member of the House Judiciary Committee. During a 2009 Capitol Hill hearing on concussions in football, with NFL commissioner Roger Goodell slouching meekly in his seat, she likened the league to the tobacco industry.

For decades, Big Tobacco said cigarettes were harmless, backing up that claim with junk science and bogus expertise, working very hard to discredit scientific evidence to the contrary. The league seems to have used the same playbook, Sánchez said.

In 2003, the head of the league's brain-trauma committee, former New York Jets team doctor Elliot Pellman, a rheumatologist, dismissed a study linking multiple concussions with depression among former players. The committee published a paper claiming that concussions were not "serious injuries" and that there was "no evidence" that concussions produced "permanent or cumulative" damage. Independent scientists strongly disagreed, finding fault with the methodology and conclusions (see "Brain-Injury Science You Can't Ignore," page 139).

When forensic pathologist Bennet Omalu, MD, dissected Hall of Fame lineman Mike Webster's brain and

RICHARD SCHULTZ/CORBIS

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subsequently published a groundbreaking article in the academic journal *Neurosurgery* concluding that football-related head trauma causes chronic traumatic encephalopathy (CTE), a mind-ravaging disease associated with repetitive head trauma, Pellman and two other committee members wrote a letter to the journal to invalidate his research. In fact, it wasn't until 2010 that the NFL started warning players about a link between concussions and long-term brain damage. That was three years after former

FOOTBALL HITS PULL THE BRAIN LIKE SILLY PUTTY, STRETCHING AND SHEARING NERVE CELLS.

league concussion-committee cochair Ira Casson told Bernard Goldberg of HBO's *Real Sports* that there was no evidence that multiple head injuries increased the risk of depression, dementia, or early-onset Alzheimer's.

Currently, more than 3,500 former players and surviving family members are suing the NFL, essentially attempting to hold the league liable. I have no idea if the plaintiffs will win. I know they have a moral case. I also know that the various lawsuits—and anyone who cares about football should read a few—make it awfully hard for me to feel good about the sport. It's also hard to feel good about all the rationalizations that go into being an informed, socially aware football fan:

- Those money-grubbing, ambulance-chasing ex-players knew what they were getting into. Now they're complaining? Tough luck. Why can't they just leave football alone?
- OK, fine. They didn't know. Today's players do. And they're fine with the risk. Who am I to feel differently?
- Football is culturally irreplaceable. It teaches important values, like teamwork and self-sacrifice. It gives young men an outlet for aggression.
- You can suffer a concussion driving a car. Or riding a bike. Life is risky.

Football is risky. Sure, we should minimize the risk. But doing so is enough to keep on enjoying the sport, right?

But here's the thing about football, the thing that separates it from everything else, that makes the sport exciting, the thing that's so hard for me to reconcile: The hits aren't accidents. They're pretty much the point.

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I CAN'T WATCH FOOTBALL because of Ann McKee, MD, a neuropathologist and codirector of the Boston University Center for the Study of Traumatic Encephalopathy, who studies the brains of deceased football players. We met in the morgue. McKee held a white plastic bin that contained a human brain, immersed in preservative fluid, yellow-green and translucent. It looked pickled.

"This is from a 29-year-old individual," she said. "There's been a shrinkage of the brain."

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BRAIN-INJURY SCIENCE YOU CAN'T IGNORE

1 Long-term brain damage from football is well documented. Numerous studies have linked repeated brain injuries to early-onset Alzheimer's, depression, dementia, and chronic traumatic encephalopathy. A recent *Neurology* study of more than 3,000 former NFL players found that they were three times more likely to die of brain-related diseases such as Alzheimer's and ALS than the general population. Earlier this year, researchers from the Center for Brain Health at the University of Texas at Dallas found that more than 40 percent of ex-players had dementia and depression.

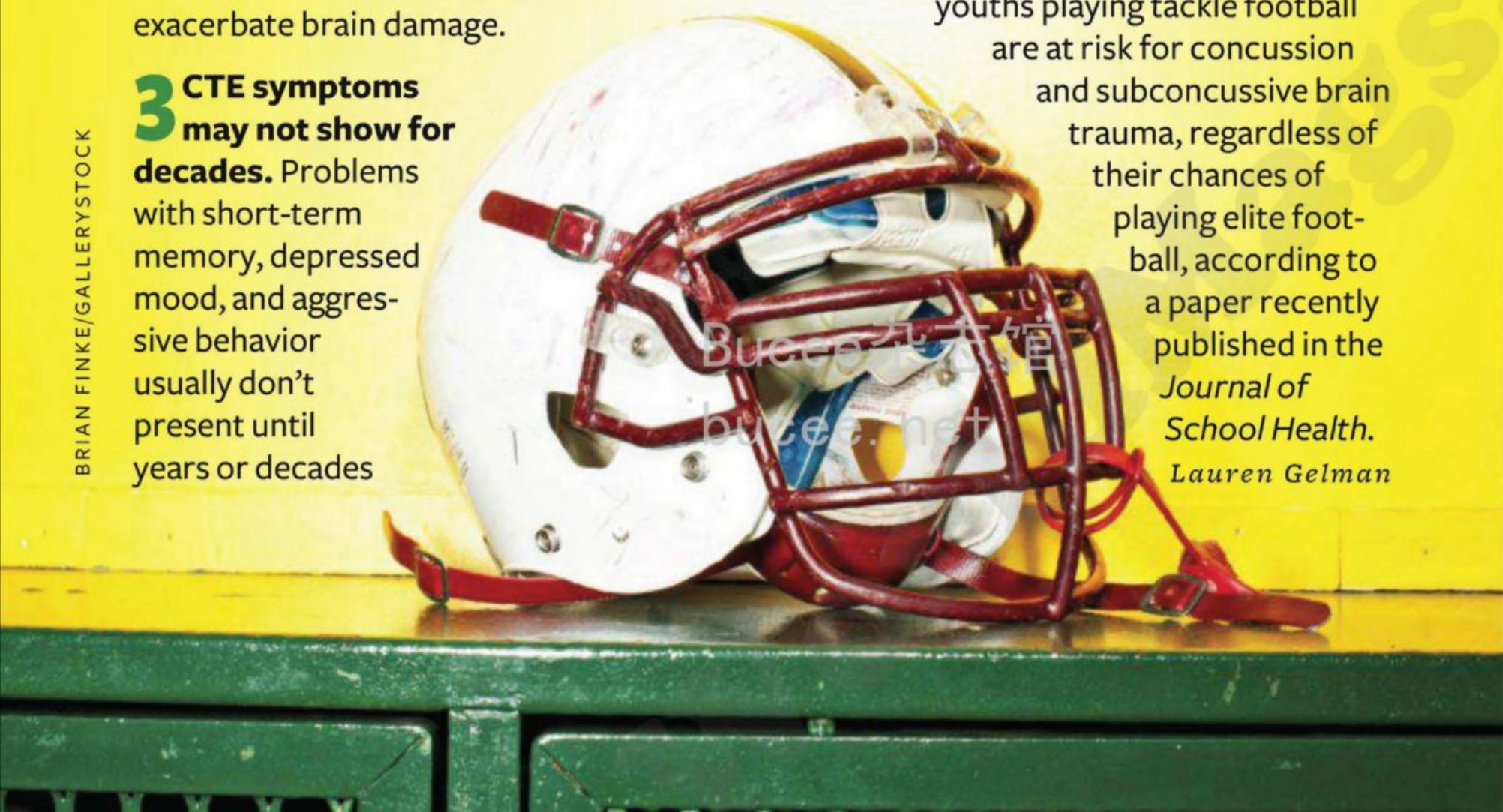
2 Personal risk factors may play a big role. While all of those with CTE have a history of brain trauma, not all of those who experience brain trauma develop CTE—a sign that certain people are more susceptible. Among factors under consideration: age at the time of head injuries; genetics and family history; and coexisting health conditions, such as obesity, diabetes, and heart disease, known to exacerbate brain damage.

3 CTE symptoms may not show for decades. Problems with short-term memory, depressed mood, and aggressive behavior usually don't present until years or decades after exposure to repetitive brain trauma, case studies show. And the effects of a particular hit are near impossible to predict. Research shows that the magnitude of a blow is not correlated with odds or severity of concussion.

4 Concussions aren't the whole story. In fact, many researchers believe that repetitive subconcussive blows—often incurred during practice—play a more important role in the development of CTE. Restrictions on returning to play after concussions, while important, may not minimize long-term brain damage as much as previously thought.

5 High school players take special risks. Some researchers suspect that exposure to brain trauma early in life may increase the risk of CTE more than exposure later in life. While some one million high school students play football, only 6 percent will go on to play in college, and only 0.08 percent will eventually be drafted to play on an NFL team. But all youths playing tackle football are at risk for concussion and subconcussive brain trauma, regardless of their chances of playing elite football, according to a paper recently published in the *Journal of School Health*.

Lauren Gelman



BRIAN FINKE/GALLERYSTOCK

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Another bin. "This is from a retired NFL player. It shows atrophy. Shrinkage of the cortex. Shrinkage of the deep cortex."

Another bin. Another former pro. "Very small temporal lobes. This looks like CTE. Wow. Pretty amazing. I think this will be a good case."

McKee was speaking as a research scientist. As a football fan—as the kid

OF THE BRAINS OF TWENTY DECEASED FOOTBALL PLAYERS, NINETEEN SHOWED EVIDENCE OF CTE.

sister of two brothers who played the sport—she knows the larger truth. There are no good cases. Football hits pull the brain like Silly Putty, stretching and shearing nerve cells. Some hits cause concussions. Some do not. The damage accumulates, regardless: Boston University researchers estimate that the average high school lineman takes 1,000 to 1,500 hits to the head each season, some at forces equivalent to or greater than a 25-mile-an-hour car crash.

The result can be found in the white plastic bins. Or in these tragedies: Former Philadelphia Eagles safety Andre Waters, dead at 44 from shooting himself. Former University of Pennsylvania football captain Owen Thomas, dead at 21 from hanging himself. Former NFL safety Dave Duerson, dead at 50 from shooting himself, purposely in the chest, so that his brain could come here.

"You look at these brains, and it's like, 'It wasn't really him. It was the disease,'" says McKee.

The Boston University Center for the Study of Traumatic Encephalopathy has released test results for the brains of 20 deceased football players. Nineteen showed evidence of CTE. McKee has many more brains to examine, and hundreds more are pledged by athletes who are still alive.

These are the words McKee uses to describe the clinical symptoms of CTE: Impulsivity. Disinhibition. Volatility. Problems with depression and emotional control. And this is how Mike Webster, later diagnosed with the disease, spent his final months: living in his truck, squeezing Super Glue on his rotting teeth, shooting himself with a Taser gun to sleep, and sniffing ammonia to stay awake.

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I CAN'T WATCH FOOTBALL because of Gil and Michelle Trenum. Two years ago, their son Austin suffered a concussion during a high school game. An alert trainer pulled him off the field. ER doctors checked him out. He went home. He seemed OK. A day and a half later, he hanged himself.

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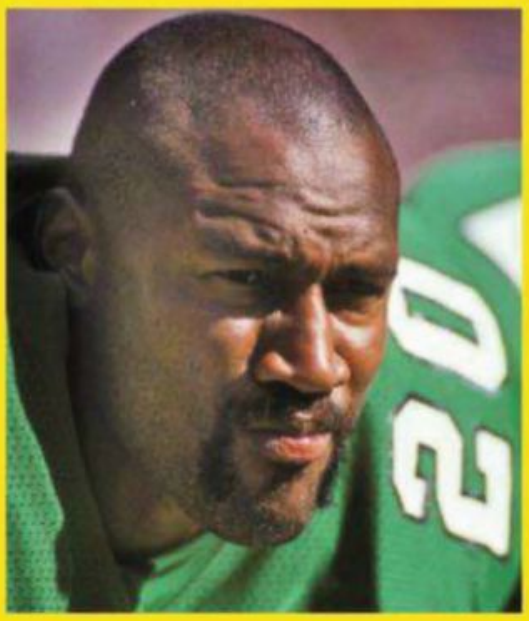
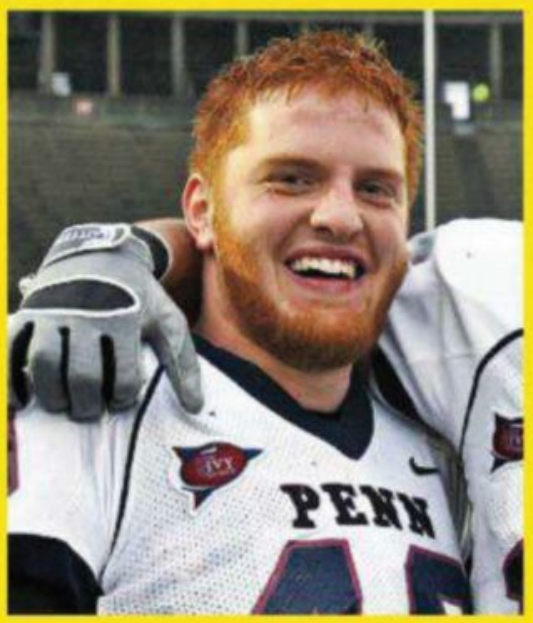
There was no suicide note. Austin was a happy, healthy kid. A good student. Popular and well liked, the type of guy you hope your daughter dates.

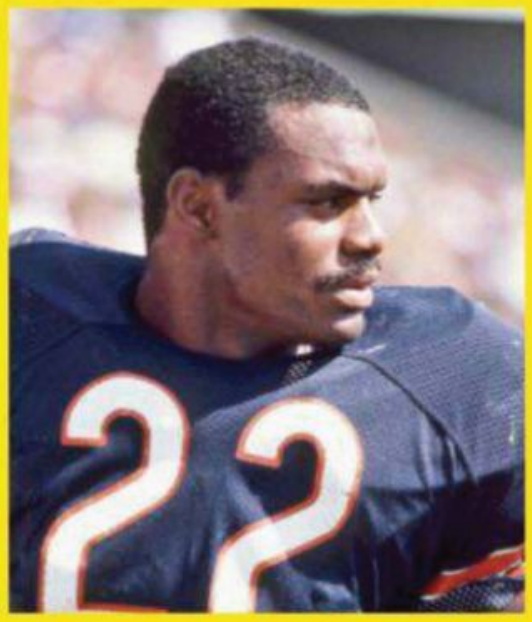
The Boston center physicians ex-



Eagles safety Andre Waters shot himself at 44.



Penn captain Owen Thomas hanged himself at 21.



Dave Duerson, NFL safety, shot himself at 50.

FROM LEFT: MITCHELL LAYTON/GETTY IMAGES. COURTESY UNIVERSITY OF PENNSYLVANIA ATHLETICS. MICHAEL J. MINARDI/GETTY IMAGES

amined his brain. They didn't find CTE, but they did find a multifocal axonal injury, damage to fibers that connect nerve cells. Doctors strongly suspect the injury led to Austin's sudden, inexplicable decision. Gil and Michelle have since become advocates for concussion safety. Grieving parents seek them out, anguished calls and e-mails from people they've never met. The Trenums are the bravest people I know. Still, they hurt. They live with a hole. It will never be filled.

"Even when we have a good day, we still know he's gone," Michelle says. "We can be happy. We can laugh with our friends. But we still know."

Boys and young men—whose brains are still developing—are more vulnerable to football-induced head trauma. Last year, the NFL placed certified athletic trainers in press boxes to watch for concussions, while NFL Players' Association executive committee member Scott Fujita called for sideline deployment of independent neurologists. Can high schools or Pop Warner leagues afford the same safeguards? According to the National Athletic Trainers' Association, only 42 percent of high schools in 2010 even had access to a certified athletic trainer educated in concussion care.

Robert Cantu, MD, a leading sports concussion expert, says in a new book that children under 14 years of age shouldn't play collision sports under current rules, an argument he suspects will "tick some people off." However, I wonder if Cantu goes far enough. College football is a multi-billion-dollar, taxpayer-subsidized business. That's a lot of public investment in head trauma.

Football's popularity seems to grow every year. How long will that last? My colleague Will Leitch recently asked in *New York* magazine if following football was morally wrong. "There are no big TV contracts or player salaries without fans tuning in. We're all part of the problem," he wrote.

Are we? Am I? I know only this: There's definitely a problem, an ugly one, and I've seen too much of it to keep watching. ■

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The Golden Globe

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A pastor's impulsive purchase leads to or divine guidance? You be the judge...

At Christmastime, men and women everywhere gather in their churches to wonder anew at the greatest miracle the world has ever known. But the story I like best to recall was not a miracle—not exactly.

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To commemorate our 90th year of publication, *Reader's Digest* is reprinting one of our most-requested reader favorites. This life-changing miracle still inspires awe and faith today.

FROM ***Reader's Digest,*** DECEMBER 1954

Ivory Cloth

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an incredible reunion. Coincidence—

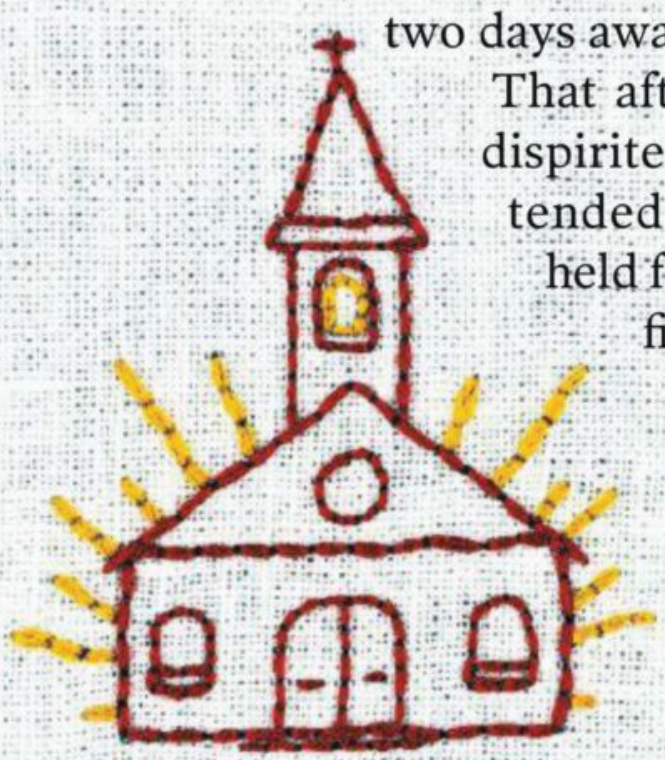
BY REV. HOWARD C. SCHADE ILLUSTRATIONS BY STEPHEN CAMPBELL

It happened to a pastor who was very young. His church was very old. Once, long ago, it had flourished. Famous men had preached from its pulpit, prayed before its altar. Rich and poor alike had worshiped there and built it beautifully. Now the good days had passed from the section of town where it stood. But the pastor and his young wife believed in their run-down church. They felt that with paint, hammer, and faith, they could get it in shape. Together they went to work.

But late in December, a severe storm whipped through the river valley, and the worst blow fell on the little church—a huge chunk of rain-

soaked plaster fell out of the inside wall just behind the altar. Sorrowfully the pastor and his wife swept away the mess, but they couldn't hide the ragged hole. The pastor looked at it and had to remind himself quickly, "Thy will be done!"

But his wife wept, "Christmas is only two days away!"



That afternoon the dispirited couple attended an auction held for the benefit of a youth group. The auctioneer opened a box and shook out of its folds a handsome gold-and-ivory lace tablecloth. It was a magnificent item, nearly 15 feet long. But it, too, dated from a long-vanished era. Who, today, had any use for such a thing? There were a few halfhearted bids. Then the pastor was seized with what he thought was a great idea. He bid it in for six dollars and fifty cents.

He carried the cloth back to the church and tacked it up on the wall behind the altar. It completely hid the hole! And the extraordinary beauty of its shimmering handwork cast a fine, holiday glow over the chancel. It was a great triumph. Happily he went back to preparing his Christmas sermon.

Just before noon on the day of Christmas Eve, as the pastor was opening the church, he noticed a woman standing in the cold at the bus stop.

"The bus won't be here for 40 minutes!" he called, and he invited her into the church to get warm.

She told him that she had come from the city that morning to be interviewed for a job as governess to the children of one of the wealthy families in town but she had been turned down. A war refugee, she had imperfect English.

The woman sat down in a pew and chafed her hands and rested. After a while, she dropped her head and prayed. She looked up as the pastor began to adjust the great gold-and-ivory lace cloth across the hole. She rose suddenly and walked up the steps of the chancel. She looked at the tablecloth. The pastor smiled and started to tell her about the storm damage, but she didn't seem to listen. She took up a fold of the cloth and rubbed it between her fingers.

"It is mine!" she said. "It is my banquet cloth!" She lifted up a corner and showed the surprised pastor that there were initials monogrammed on it. "My husband had the cloth made especially for me in Brussels! There could not be another like it!"

For the next few minutes, the

The joyful purpose of the storm that had knocked a hole in the wall of the church was now quite clear.

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woman and the pastor talked excitedly together. She explained that she was Viennese, that she and her husband had opposed the Nazis and decided to leave the country. They were advised to go separately. Her husband put her on a train for Switzerland. They planned that he would join her as soon as he could arrange to ship their household goods across the border.

She never saw him again. Later she heard that he had died in a concentration camp.

"I have always felt that it was my fault—to leave without him," she said. "Perhaps these years of wandering have been my punishment!"

The pastor tried to comfort her, urged her to take the cloth with her. She refused. Then she went away.

As the church began to fill on Christmas Eve, it was clear that the cloth was going to be a great success. It had been skillfully designed to look its best by candlelight.

After the service, the pastor stood at the doorway; many people told him that the church looked beautiful. One gentle-faced, middle-aged man—he was the local clock-and-watch repairman—looked rather puzzled.

"It is strange," he said in his soft accent. "Many years ago, my wife—God rest her—and I owned such a cloth. In our home in Vienna, my wife put it on the table"—and here he smiled—"only when the bishop came to dinner!"

The pastor suddenly became very excited. He told the jeweler about the woman who had been in church earlier in the day.

The startled jeweler clutched the pastor's arm. "Can it be? Does she live?"

Together the two got in touch with the family who had interviewed her. Then, in the pastor's car, they started for the city. And as Christmas Day was born, this man and his wife—who had been separated through so many saddened Yuletides—were reunited.

To all who heard this story, the joyful purpose of the storm that had knocked a hole in the wall of the church was now quite clear. Of course, people said it was a miracle, but I think you will agree it was the season for it! ■

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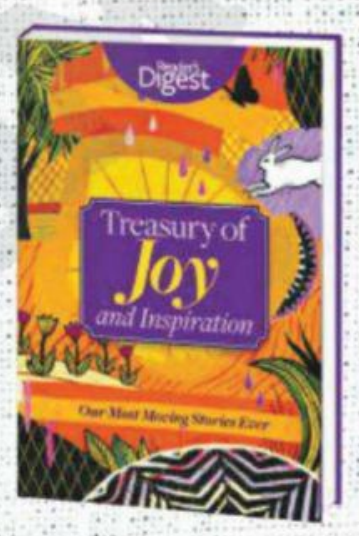
"The Gold & Ivory Tablecloth" is one of 38 uplifting tales in the *Reader's Digest Treasury of Joy and Inspiration*. This collector's item features editors' selections of our most powerful true stories, miracles, and dramas in real life, including works by **Christopher Reeve, James Michener,** and **Billy Crystal.** To learn more or buy a copy, go to readersdigest.com/joy.



"MY FAV CHRISTMAS COOKIE,

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We asked Martha Stewart, Pioneer Woman, and among their beloved holiday classics. Here are

ORITE MAS EVER"

171 million: the approximate number of results when you Google "Christmas cookies"

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Giada De Laurentiis what cookies are first and foremost their best-of-the-best picks—so you can get baking!

PHOTOGRAPHS BY YUNHEE KIM

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Martha Stewart's Gingerbread Men

"My mom was a very big cookie baker at Christmas, and I am the direct descendant of that enthusiasm. I've made these cookies to eat, to decorate Christmas trees, and to make a gingerbread house. They're easy to roll out, the dough is fragrant and spicy, and the cookie shapes stay true if they are chilled after cutting and before baking. Frosted, they are charming."

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Time: *1 hour 45 minutes (plus chill time)*
Yields: *About 24 cookies*

- 3½ cups all-purpose flour
- 1½ tsp. baking soda
- ¼ tsp. salt
- 1¼ tsp. ground cinnamon
- 1¼ tsp. ground ginger
- 1¼ tsp. ground allspice
- ¼ tsp. ground cloves
- 1 cup (2 sticks) unsalted butter, softened
- ¾ cup granulated sugar
- ¾ cup packed dark brown sugar
- 4 tsp. peeled and grated fresh ginger
- 1 egg
- ¼ cup unsulfured molasses
- Royal Icing, optional (recipe below)

1. In large bowl, whisk together flour, baking soda, salt, cinnamon, ground ginger, allspice, and cloves; set aside.

2. In bowl of electric mixer fitted with paddle attachment, beat together butter, sugars, and fresh ginger on low speed until combined. Increase speed to medium; beat until light and fluffy, 2 to 3 minutes, occasionally scraping bowl with rubber spatula. Beat in egg and molasses until blended. Reduce speed to low and gradually add in flour mixture, beating until just incorporated.

3. Transfer dough to clean work surface. Dough will be very sticky and wet. Divide dough in half, and flatten each half into a disk and wrap in plastic. Refrigerate at least 4 hours or overnight.

4. Arrange 2 racks in upper and lower thirds of oven. Preheat oven to 350°F. Line 2 cookie sheets with parchment paper; set aside. Remove dough from refrigerator, and let stand until slightly softened. (This will help keep dough from cracking when rolled.) On large piece of parchment paper lightly dusted with flour, using a floured rolling pin, roll dough to about ¼-inch thickness. To prevent dough from sticking to parchment while rolling, occasionally run large metal offset spatula under dough, and sprinkle work surface with more flour. Place parchment paper with rolled-out dough on another cookie sheet; freeze until very firm, about 15 minutes.

5. Remove dough from freezer; working quickly, with floured cookie cutters, cut out desired shapes. (If dough begins to soften and cookies don't hold their shape, return to freezer for a few minutes.) With wide metal spatula, transfer cutouts to prepared baking sheets; refrigerate until firm, about 15 minutes.

6. Bake cookies until crisp but not darkened, 12 to 15 minutes, rotating sheets between upper and lower racks halfway through baking. Keep cookies on parchment and transfer to wire rack to cool completely. Decorate as desired with decorative sugar or Royal Icing.

Royal Icing

- 2 cups confectioners' sugar
- 2 tbs. meringue powder (an edible product available at baking and craft stores)
- Food coloring, as desired

1. In bowl of electric mixer fitted with whisk attachment, beat confectioners' sugar, meringue powder, and 3 tbs. water until blended. Scrape side of bowl with rubber spatula. Increase speed to medium; beat until soft peaks form, about 10 minutes. Icing should be just stiff enough to hold its shape. Thin with more water, if needed.

2. Tint icing with food coloring as desired; cover surface with plastic wrap until ready to use.

FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: ELIZABETH MACLENNAN FOR PAT BATES

Pioneer Woman Ree Drummond's Christmas Cutouts

"This is my favorite nostalgic, comfort-food, fun-to-make, low-fuss, lowbrow, high-calorie, non-snobby, yummy Christmas cookie of all time. It comes from my mom, Gee, who used this simple but flavorful sugar cookie dough to make cookies for any occasion."

Time: *2 hours*
Yields: *About 30 cookies*

Cookies

- ⅔ cup shortening
- ¾ cup sugar
- ½ tsp. grated orange or lemon zest
- ½ tsp. vanilla extract
- 1 egg
- 4 tsp. milk
- 2 cups all-purpose flour
- 1½ tsp. baking powder
- ¼ tsp. salt

Colorful Glaze

- 1 egg yolk
- Food coloring

White Icing

- 1 bag (2 lbs.) powdered sugar
- ¼ cup milk

1. In bowl of electric mixer fitted with paddle attachment, cream together shortening, sugar, orange or lemon zest, and vanilla on medium to medium-high speed. Add egg, and beat until light and fluffy. Add milk, and mix.

2. Sift together flour, baking powder, and salt, then blend into creamed mixture. Divide dough in half, slightly flatten between 2 sheets of waxed paper, and refrigerate for 1 hour (or freeze for 20 minutes).

3. Meanwhile, prepare Colorful Glaze: Combine egg yolk, 1 tsp. water, and food coloring as desired (for multiple colors, make multiple batches). When ready to bake, preheat oven to 375°F.

4. Roll out dough into ¼-inch thickness on lightly floured surface. Cut dough into shapes with cookie cutters. Transfer shapes to lightly greased cookie sheets. With soft brush, paint cookies with Colorful Glaze as desired.

5. Bake 6 to 8 minutes; do not allow cookies to brown. Remove cookies from oven and place on wire rack to cool completely.

6. Meanwhile, prepare White Icing: In large bowl, whisk together powdered sugar and milk (mixture should be fairly thick). Put icing in pastry bag or ziplock bag with tip cut off. When cookies are completely cool, decorate as desired with icing.

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FROM *CHARLIE AND THE CHRISTMAS KITTY* BY REE DRUMMOND (HARPERCOLLINS, 2012)

Giada De Laurentiis's Double Chocolate and Espresso Cookies

"This cookie combines two of my all-time loves: chocolate and espresso. The pure decadence in every bite definitely puts me in the holiday spirit."

Time: *45 minutes*
Yields: *About 15 cookies*

- ⅓ cup dark chocolate–covered espresso beans
- 1 cup all-purpose flour
- 2 tbs. unsweetened cocoa powder
- 1 tsp. baking powder
- ¼ tsp. salt
- 2 tbs. unsalted butter, at room temperature
- 6 oz. semisweet chocolate, chopped into ½-inch pieces
- ¾ cup sugar
- 2 large eggs, at room temperature
- 1 tsp. vanilla extract
- 1 cup semisweet chocolate chips or chunks

1. Place oven rack in center of oven. Preheat oven to 300°F. Line 2 baking sheets with parchment. In bowl of food processor, chop espresso beans. In medium bowl, whisk together espresso beans, flour, cocoa powder, baking powder, and salt.

2. Place butter and chocolate in microwave-safe bowl. Microwave on medium for 90 seconds; stir; heat for 1 minute more. Stir until chocolate is fully melted.

3. In another medium bowl, whisk together sugar, eggs, 2 tbs. water, and vanilla. Gradually add dry-ingredient mixture and stir until thick and smooth. Fold in melted chocolate. Stir in chips.

4. Scoop level ¼-cup balls of batter onto prepared baking sheets, spacing them 2 inches apart. Bake 18 to 22 minutes, until cookies are slightly puffed and the tops begin to crack. ■

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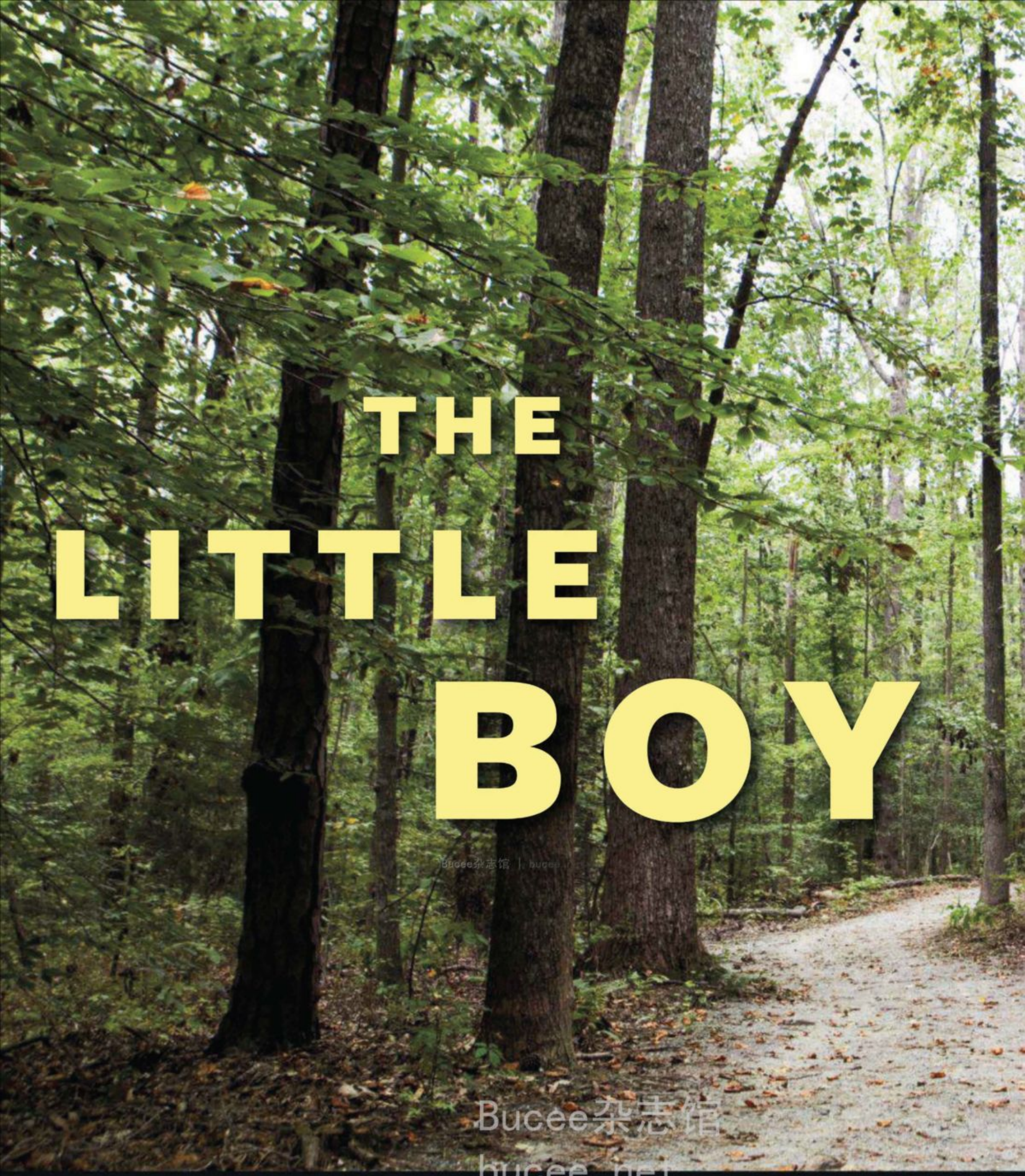
ADAPTED FROM *WEEKNIGHTS WITH GIADA* BY GIADA DE LAURENTIIS (CLARKSON POTTER, 2012)



THE LITTLE BOY

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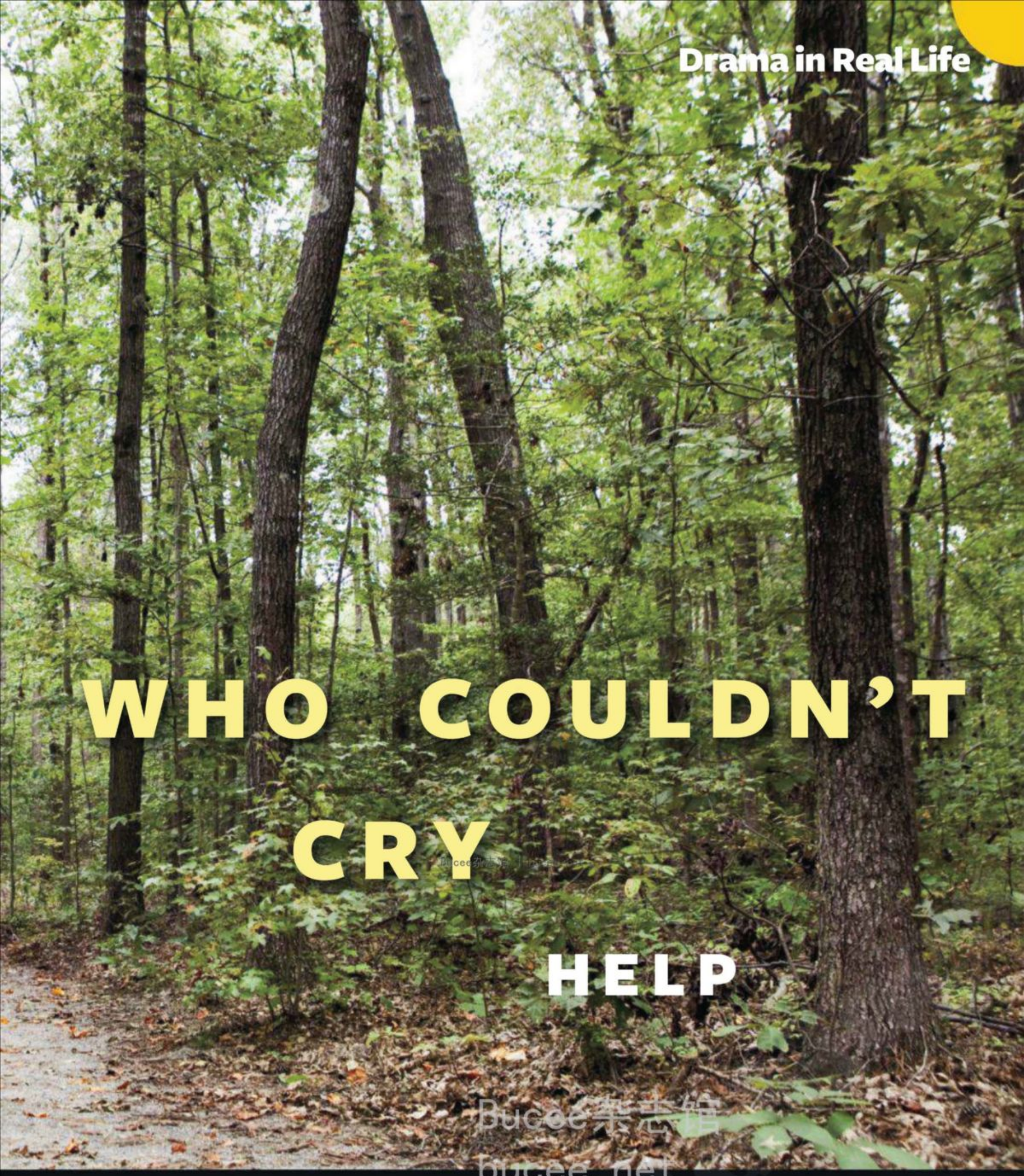
EIGHT-YEAR-OLD ROBERT WAS AUTISTIC AND NONVERBAL. PROMPTED THE LARGEST MANHUNT IN STATE HISTORY,

THEY WERE



WHO COULDN'T CRY HELP

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SO WHEN HE VANISHED IN A VIRGINIA STATE PARK AND RESCUERS KNEW THAT FINDING HIM WOULD NOT BE EASY.

RIGHT.

BY DEAN KING FROM *Outside*

PHOTOGRAPHS BY ERIKA LARSEN

A BALL OF FIRE WITH TWINKLING BLUE EYES, ROBERT ARTHUR WOOD JR., A FOUR-FOOT-SIX, 70-POUND EIGHT-YEAR-OLD, GIVES AS GOOD AS HE GETS WHEN HE AND HIS BROTHER, RYAN, A YEAR YOUNGER, SCRAP OVER A TOY. AND YET ROBERT CAN'T TALK, SWIM, SIT STILL FOR A MOVIE, OR USE THE BATHROOM BY HIMSELF. HE HAPPENS TO BE SEVERELY AUTISTIC.

Ryan, also autistic but less so, hugs and kisses his brother. Robert is not as affectionate. But like many children with autism, Robert is fearless. As a toddler, he liked to climb on top of the television and the refrigerator. He also likes to wander. At Walmart, Robert's mother, Barbara Locker, still puts him in the shopping cart. If he's not held by the hand or by his shirt, he might run off.

That's what happened on October 23, 2011, a warm Sunday afternoon. After lunch, the boys' father, Robert Wood Sr., 34, and his girlfriend (Wood and Locker are separated) took Robert and Ryan for a walk at 80-acre North Anna Battlefield Park, in Virginia, 15 minutes from the boys' home in Ruther Glen. This was no ordinary walk in the park. The hilly green thickets of central Virginia, where Grant vied with Lee in an epic battle for nearby Richmond, are prickly and hardscrabble, with skin-ripping greenbrier and blackberry bushes, not to mention coyotes and bobcats. In this land of ravines, swamps, mosquitoes, and water moccasins, the Union general soon discovered, inhospitality was endemic.

Inside the park, narrow paths tunnel through dense woods. A warren of Confederate fortification leads to a bluff—with no guardrails—that plummets 90 feet. Below, the North Anna River rumbles through the boulders and class-three rapids of Falls Hole. Nothing separates the park's other boundaries from a massive open gravel quarry, with its clatter of industrial dump trucks, bulldozers, and freight trains and the roar of controlled explosions. It's a fantasyland for any boy, autistic or not.

At around 2:30 p.m., while the group was resting after a mile-long walk, Robert ran down a spur trail. Somehow both adults missed seeing him take off. Wearing a red long-sleeved shirt, blue pants, and blue tennis shoes, Robert would not have been difficult to spot. Yet he vanished.

WITHIN AN HOUR, the sheriff's department was searching the area with canine teams. The dogs tracked Robert going

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REDUX FOR *READER'S DIGEST*

toward the river. Like many autistic children, Robert is obsessed with water. Autistic kids can be hypersensitive to certain stimuli, and some experts believe that water is soothing to them. Though Robert can't swim, he thinks he can.

Once Robert Wood was off and running, he likely moved from one thing that provoked his curiosity to the next—boulders to climb, trees to examine, the allure of a train-whistle blast. If not for the profusion of copperheads, blacksnakes, and corn snakes, it would have been the ideal place to play hide-and-seek.

PAST THE AGE OF FOUR, children typically recognize that they are lost and will look for their parents. But Robert is different. A sprained ankle or hunger pangs wouldn't make him cry. He'd harbor no fear of the dark or the bogeyman, so he wouldn't get panicky at dusk. Instead, if he were to hear people coming through the woods, he might well take cover from them, thinking it was a game.

As the hours passed without any sign of Robert, authorities called in support from neighboring counties, Virginia State Police, and local search organizations. They issued a reverse 911, using computers to send a message about the lost boy to all the landlines in the area. Neighbors started searching their yards and beyond.

Norma Jean Williams, Robert's maternal grandmother, a dialysis technician, found out that Robert was missing on Monday morning, while she was at work. One of her coworkers had heard about it on the radio.

Williams, 58, jumped into her 2003 Dodge pickup and drove to Battlefield Park. A deputy sheriff stopped her at the entrance. No one was allowed in; the park was being treated as a crime scene. And because Williams,

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If Robert isn't held, says his mother, Barbara Locker, he might run away.

Locker, and Wood were emotionally distraught and the park terrain was strenuous, authorities didn't allow them to participate in the search. So Williams parked her truck near the entrance and refused to leave until the boy had been found.

As Monday afternoon wore on, the area around Williams's red pickup looked like Armageddon. County and state-police dog teams were dispatched in the woods and nearby fields. Tactical dive teams headed for the river. Helicopters thundered overhead, using infrared cameras designed to detect heat through smoke, fog, and haze. Because autistic children are often drawn to bright objects and certain noises, fire trucks twirled their lights and ran backup sirens, audible across hundreds of acres, hoping to attract Robert.

Tuesday morning, the frustrated sheriff leading the search handed control of the scene to an expert—Billy Chrimes of the Virginia Department of Emergency Management.

"Given the circumstances," says Chrimes, a blunt, optimistic outdoorsman, "I felt like we were going to find him the first night." After all, Chrimes had modern technology, dogs, choppers, and thousands of searchers—including equestrian, kayak, and rappelling teams—at his fingertips.

BY 2:30 P.M. ON TUESDAY, Robert had been missing 48 hours. At home, he took medication to help him sleep on a normal schedule. "He would wake up at 3 a.m. and start playing like it was the middle of the day," Locker says. That meant in the wild, he might be somewhat nocturnal, hunkering down for at least part of the daytime, when he'd be easier to spot if he were moving around.

Authorities caught their first break when sheriff's department canine handler Matt Crist found footprints a half mile east of where Robert was last seen, on a sandy bank above the river. Robert and Ryan had been wearing the same kind of Nike shoes. The shoe print was the right size, but Ryan's shoe had small square patterns. This track was scored with bars and flex grooves. It wasn't a match.

WHEN IT COMES TO a lost child, communities will rally in astounding numbers. Wednesday morning, people began registering at the volunteer center before daybreak. Other well-meaning neighbors combed the grounds and the river on everything from ATVs to horseback to paddleboards. In all, 940 volunteers were deployed that day. This was a blessing

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IF THE BOY HADN'T DROWNED, THOUGHT CHRIMES, HE WAS PLAYING HIDE-AND-SEEK.

and a curse, since the extra traffic tramples footprints and contaminates the scent pools that tracking dogs are trained to find. On the other hand, the vast number of volunteers allowed them to search a larger area.

On Wednesday, hundreds of volunteers walked in grids for miles through thick, swampy woods, many squeezing empty plastic bottles, making a crinkling noise Robert was known to like. They fanned out in long lines, combing woodlands and harvested cornfields, climbed over Civil War trenches, and crawled under farmhouse porches.

Many of the volunteers were themselves parents of autistic children. A Dallas businessman, the father of an autistic child, skipped his return flight after a meeting in Richmond, bought jeans and boots, and joined the line.

Grandmother Norma Jean Williams, left, with Ryan, says Robert's ordeal has changed him: "You can touch him now."

TWO O'CLOCK Wednesday afternoon marked the 72nd hour that Robert had been missing. Chrimes believed that if the boy hadn't drowned, he was playing hide-and-seek and playing it well. He thought the boy was mobile, meaning that the areas they'd swept could be considered clean for only a short time.

Early Wednesday evening brought another glimmer of hope. Search and rescue specialist Scott Forbes's Dutch shepherd, Da Wu, found a human scent. "Dogs are huge—just one can cover what a half dozen searchers can cover," says Chrimes.

But Da Wu was getting thrown off by some other smell. Then Forbes saw something he didn't like: a coyote shadowing them. "The boy would be an easy opportunity for a pack of coyotes," Forbes recalls. An awful thought crossed his mind: Maybe they took him and buried him somewhere.

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ON THURSDAY MORNING, the mood turned darker. At around 11 a.m., an explosion shook the ground under Norma Jean Williams's truck. The quarry had delayed a scheduled blast next to Battlefield Park for as long as it could. Officials said they had searched the area twice that day and needed to go ahead with the detonation.

Then, around 8:30 that evening, two trackers heard vaguely human noises coming from the woods. Chrimes responded with everything he had: canine teams and searchers with

night-vision goggles and thermal-imaging cameras. They scoured the area for four and a half hours. At 1 a.m., they gave up. If it was Robert, he had pulled another vanishing act.

That night, it started to rain, and it got colder. Williams had to turn on the heat in her truck. It was her fourth night in her cramped Dodge, and her nerves, her body, and her will were shot. "I gave up hope," she says. "I cursed the Lord. I told him he wasn't any God to children."

Friday afternoon, authorities finally let Wood, Locker, and Williams into the park. The three hurried down the paths calling out "Robert" and "Bud," his nickname. There was no answer. For Robert to be found alive at this point was going to take a miracle.

THE WANDERERS

Unable to filter out distractions and easily overstimulated, autistic children don't like noisy environments or group settings. Should they find themselves in such a scenario, they're liable to bolt.

"Usually, when an autistic child wanders off, he or she is on the severe side of the spectrum," says Lori McIlwain, mother of a 12-year-old autistic boy, Connor, and executive director of the National Autism Association. Connor has run away nine times from school. "Autistic kids can't tell us 'Hey, the sunlight is bothering me' or 'I saw a pool I want to check out' or 'There's a swing I want to see.'"

McIlwain estimates that two in five autistic kids will become lost at some point.

THAT MORNING, a Richmond-area man told his wife he wanted to go look for the boy. On the way, he stopped at a store to buy a coat, gloves, and a hat.

The man drove to the volunteer processing center to join the search. But he was too late for that day's training session and was turned away. Instead, he drove to the search area, parked, and followed his instincts. They led him to a dusty road beside the quarry.

Less than a mile from where Robert had last been seen, the man walked between an agricultural field and the quarry. At some point, he either climbed a wire fence posted with no-trespassing signs and topped with two strands of barbed wire, or he found one of two openings where the fence had been breached by fallen trees. The man won't say. Either way, he then pushed his way through scrub brush and onto the backfill from the quarry, scrambling over soft, gray earth toward a vast, deep quarry pit. He scanned the pocked, gravel-piled, eroded quarry moonscape. There, near a sheer chasm, in a deep, wet gully, he saw a figure lying on its left side, tucked into the fetal position.

The man in the new coat found Robert still dressed in all his clothes except his shoes. The boy was cold and scared. His hands and feet were purple and swollen. He had been mauled by insects and spiders and inhabited by chiggers and ticks. His body was covered in dirt, bruises, and scratches, and his head was skinned up. But he was alert. The man took off his new hat—a

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stocking cap—and put it on the boy's head. He slipped his new gloves over the boy's bloated hands and wrapped him in the new coat. He gave Robert some water, which he gulped down. Then he called 911.

Soon, several men formed a chain and passed the boy out of the gully to where others stood with a stretcher. Robert was airlifted in fair condition to a nearby hospital. By that evening, his condition was upgraded to good.

Barbara Locker let out a shriek when she found out Robert was alive and well. When Norma Jean Williams saw a sheriff's car speed up and then heard that Robert had been found, she dropped to her knees. "I thought he was going to tell me he was dead," she says. And when the volunteers were summoned back to their base stations and learned the good news, there were hugs and tears and shouts of joy.

ROBERT IS BACK home with his mother and going to school. He still can't tell where he was all that time or what he was doing. He and Ryan now wear transmitters around their ankles that send out a signal that can be tracked by law enforcement.

But Robert has also changed.

"You can touch him now. You can hold him," says Williams. "Before, he would never let you. When I say, 'Give me a kiss,' he gives me a kiss. And he doesn't run off like he did."

The man who found Robert insists on remaining unidentified and wants no credit for finding him. Instead, he issued this statement: "I was guided by the Holy Spirit. To take any recognition for finding Robert would take credit away from God."

Another mystery was how Robert had beaten the odds and, for five days, evaded multiple searches of the area where he was ultimately found. "A dozen dogs on the ground ... I'm still baffled by it," says tracker Scott Forbes.

The only explanation is that anytime Robert heard someone nearby, he ran and hid. And he was darn good at it. ■

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FROM *OUTSIDE* (AUGUST 2012), COPYRIGHT © 2012 BY MARIAH PUBLICATIONS CORP., OUTSIDE.COM

MAYBE ON BOARD

Google's self-driving cars have clocked more than 200,000 miles on busy highways and city streets using radar and computers to avoid obstacles. The *Week* asked its readers to name the first mass-produced car that has no need for a human driver:

- The Ford Siesta
- HAL on Wheels
- Car2D2
- Robo Coupe
- The Audimatic
- Evolvo
- Toyota Controlla
- Bored Explorer

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Magic in the Mind

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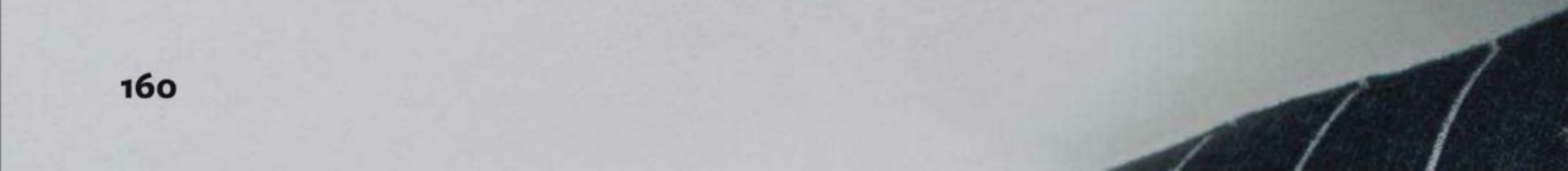
How do magicians trick us?

Teller, of Penn & Teller, pulls back the curtain on human perception.

FROM *Smithsonian*

PHOTOGRAPHS BY ANDREW HETHERINGTON



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In the past five years, magic—normally deemed fit only for children and tourists in Las Vegas—has become shockingly respectable in the scientific world. Even I—not exactly renowned as a public speaker—have been invited to address conferences on neuroscience and perception. I asked a scientist friend (whose identity I must protect), Why the sudden interest? He replied that those who fund science research find magicians "sexier than lab rats."

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I'm all for helping science. But after I share what I know, my neuroscientist friends thank me by showing me eye-tracking and MRI equipment and promising that someday such machinery will help make me a better magician.

I have my doubts. Neuroscientists are novices at deception. Magicians have done controlled testing in human perception for thousands of years.

I remember an experiment I did at the age of 11. My test subjects were Cub Scouts. My hypothesis (that nobody would see me sneak a fishbowl under a shawl) proved false, and the Scouts pelted me with hard candy. If I could have avoided those welts by visiting an MRI lab, I surely would have.

But magic's not easy to pick apart with machines, because it's not really about the mechanics of your senses. Magic is about understanding—and then manipulating—how viewers digest sensory information.

I think you'll see what I mean if I teach you a few principles that magicians employ when they want to alter your perceptions.

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1 Exploit pattern recognition. I magically produce four silver dollars, one at a time, with the back of my hand toward you. Then I allow you to see that the palm of my hand is empty before a fifth coin appears. As Homo sapiens, you grasp the pattern and take away the impression that I produced all five coins from a hand whose palm was empty.

2 Make the secret a lot more trouble than the trick seems worth. You will be fooled by a trick if it involves more time, money, and practice than you (or any other sane onlooker) would be willing to invest. My partner, Penn, and I once produced 500 live cockroaches from a top hat on the desk of talk show host David Letterman. To prepare this took weeks. We hired an entomologist who provided slow-moving, camera-friendly cockroaches (the kind from under your stove don't hang around for close-ups) and taught us to pick the bugs up without screaming like preadolescent girls. Then we built a secret compartment and worked out a devious routine for sneaking the compartment into the hat. More trouble than the trick was worth? To you, probably. But not to magicians.

3 It's hard to think critically if you're laughing. We often follow a secret move immediately with a joke. A viewer has only so much attention to give, and if he's laughing, his mind is too busy with the joke to backtrack rationally.

4 Keep the trickery outside the frame. I take off my jacket and toss it aside. Then I reach into your pocket and pull out a tarantula.

One of Teller's tricks took 18 months to create.

Getting rid of the jacket was just for my comfort, right? Not exactly. As I doffed the jacket, I copped the spider.

5 To fool the mind, combine at least two tricks. Every night in Las Vegas, I make a ball come to life like a trained dog. My method—the thing that fools your eye—is to puppeteer the ball with a thread too fine to be seen from the audience. But during the routine, the ball jumps through a wooden hoop several times, and that seems to rule out the possibility of a thread. The hoop is what magicians call misdirection, a second trick that "proves" the first. The hoop is genuine, but the deceptive choreography I use took 18 months to develop.

6 Nothing fools you better than the lie you tell yourself. David P. Abbott was an Omaha magician who invented the basis of my ball trick back in 1907. He used to make a golden ball float around his parlor. After the show, Abbott would absentmindedly leave the ball on a bookshelf. Guests would sneak over, heft the ball, and find it was much heavier than a thread could support. So they were mystified. But the ball the audience had seen floating weighed only five ounces. The one on the bookshelf was a heavy duplicate, left out to entice the curious. When a magician lets you notice something on your own, his lie becomes impenetrable.

7 If you are given a choice, you believe you have acted freely. This is one of the darkest of all psychological secrets. I'll explain this principle by incorporating it (and the other six secrets you've just learned) into a card trick worthy of the most annoying uncle.

THE EFFECT I cut a deck of cards a couple of times, and you glimpse flashes of several different cards. I turn the cards facedown and invite you to choose one, memorize it, and return it. Now I ask you to name your card. You say (for example), "The queen of hearts." I take the deck in my mouth, bite down, and groan and wiggle to suggest that your card is going down my throat, through my intestines, into my bloodstream, and finally into my right foot. I lift that foot and invite you to pull off my shoe and look inside. You find the queen of hearts. You're amazed. If you happen

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"Magic is an art, capable of beauty"

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to pick up the deck later, you'll find it's missing the queen of hearts.

THE SECRET(S) First, the preparation: I slip a queen of hearts into my right shoe, an ace of spades into my left, and a three of clubs into my wallet. Then I manufacture an entire deck out of duplicates of those three cards. That takes 18 decks, which is costly and tedious (No. 2: More trouble than it's worth).

Teller adopted his signature silence when he was a solo act.

When I cut the cards, I let you glimpse a few different faces. You conclude the deck contains 52 different cards (No. 1: Pattern recognition). You draw and think you've made a choice (No. 7: Choice is not freedom).

Now I wiggle the card to my shoe (No. 3: If you're laughing ...). When I lift whichever foot has your card, or invite you to take my wallet from my back pocket, I turn away (No. 4: Outside the frame) and swap the deck for a normal one from which I've removed all three possible selections (No. 5: Combine two tricks). Then I set the deck down to tempt you to examine it later and notice your card is missing (No. 6: The lie you tell yourself).

Magic is an art, as capable of beauty as music, painting, or poetry. But the core of every trick is a cold, cognitive experiment in perception: Does the trick fool the audience? A magician's data sample spans centuries, and his experiments have been replicated often enough to constitute near-certainty. Neuroscientists—well-intentioned as they are—are gathering soil samples from the foot of a mountain that magicians have mapped and mined for centuries. MRI machines are awesome, but if you want to learn the psychology of magic, you're better off with Cub Scouts and hard candy. ■

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GET ME A REWRITE!

An awful actor is performing *Hamlet,* and he is so bad that the audience begins to boo. The actor stops, steps downstage, and says, "Look, folks, I didn't write this junk."

As Seen on TV

The best and worst infomercial products—from dog-hair picker-uppers to hands-free wine drinking—as tested and rated by our editors

Ha! Watch the hilarious product tests at rd.com/december.

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Attack of the late-night Gizmos!

BY PERRI O. BLUMBERG

It's 2 a.m. You're sitting through a *Seinfeld* marathon when an infomercial featuring something called a Sticky Buddy comes on. Use it for all your clean-up needs, shouts the pitchman. Pet hair, crumbs, lint—nothing is a match for the Sticky Buddy! You're tempted. After all, you have a dog. And you drop crumbs on the floor. But wait! We got the sloppiest *Reader's Digest* editors to test the Sticky Buddy and other late-night gadgets. To make sure you know which products to 1-800 and which ones to 86, turn the page and read on.

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ILLUSTRATIONS BY SERGE BLOCH

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★☆☆☆ Don't waste your money
★★☆☆ Works, sort of
★★★☆ Do waste your money
★★★★ Overnight delivery!

A Better Lint Brush

Sticky Buddy $10 + $6.99 S&H

★★★½

What the company says: It's the "super-sticky lint roller that has the power of glue without the goo!" Use it on clothing, carpet, or furniture to easily remove "hair, dog hair, crumbs, cat litter, and much more!"

What we say: Let's throw our hands in the dust-free air for the Sticky Buddy! "This was great. I picked up hair and dirt from my carpet. And it all came off the Sticky Buddy with a simple wash in the sink," said one editor. "Perfect for small jobs," crowed another, especially for "cat hair." "There's a thing called a vacuum cleaner ..." was the sour chorus sung by others.

Never Hem Again

Style Snaps $10 + $7.99 S&H

★½☆☆

What the company says: Forget tailoring your pants! Style Snaps uses snaps and adhesive to allow you to "change your hem as often as you change your shoes—without a stitch." Shorten or lengthen your pants on a whim; "it just couldn't be easier!"

What we say: Actually, it could be easier. While our testers loved all the "options," one fashionista noted that the instructions were "unclear and the photos unhelpful." "If you're the type of person who shudders when she reads the dreaded phrase *some assembly required,* these are not for you," added another. A third tester found them a bit flimsy: "The directions say to use four sets" for each hem, "but I think six are necessary. How embarrassing would it be to have the snaps come unstuck and cause you to trip?" One of our editors asked, "Haven't these people heard of double-sided fashion tape?"

For Jar-Opening Wimps

One Touch Jar Opener $21.95 + $0.85 S&H

★★★½

What the company says: "Open the toughest jars with just one touch" while saving "time, frustration, and aggravation ..." "Just place the opener on the jar, and press the button. That's it. The opener loosens the lid," solving all your jar-o-drama.

What we say: "This is like the little engine that could," said one happy tester. "It's slow and robotic, but it works, making it great for older folks—or my youngish wife, who asked me, 'Where's that jar opener?' when she couldn't open the peanut butter." Though the device is not

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the most intuitive ("Where were the instructions?"), "once I figured out how it worked—it was magical. Like watching a really good waiter get a wine cork out in one seamless pull."

Drama-Free Picture Hanging

InstaHang **$14.99 + $7.95 S&H**

★★☆☆

What the company says: Kiss your hammer and nails goodbye because now you can "hang any object big or small in seconds." "Just place flush against the wall, push" the top, and into the wall a peg goes. "No more large nail holes, no more hammer damage." Pegs hold "up to ten pounds."

What we say: "It's like a big stapler," said one tester, but "kind of difficult to load. And the spring-load is chintzy." Not only that, added Mr. Pessimist, but "it took me three tries to get one to stick in my plaster walls. The pegs were too easily pulled out." But one editor was wearing rose-colored glasses after tacking up a frame. For "smaller, lighter pieces, the InstaHang is a win," she said. But for anything heavier, count on it to be an #InstaFail.

Update: That piece of artwork our editor hung so effortlessly? It crashed to the floor a week later.

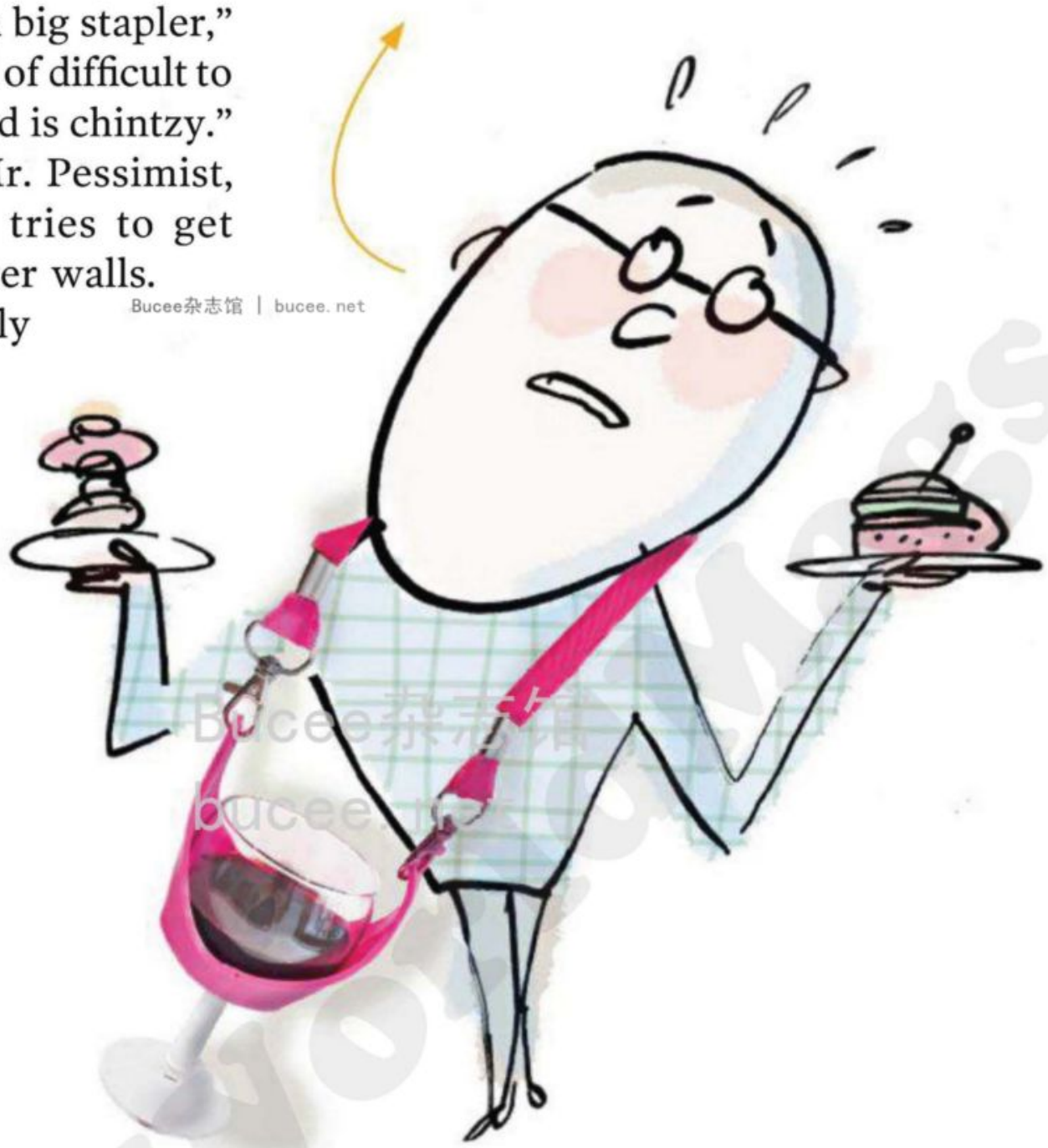
Hands-Free Drinking

The Wine Yoke **$2.95 + $2.23 S&H**

★★☆☆

What the company says: Never "fumble with your wineglass again." This "hands-free experience" features a rubber harness that cradles your wineglass and hangs from a lanyard around your neck.

What we say: "I felt a little like a wine ox with the glass on a leash," said one embarrassed partygoer. "A pretty precarious way to drink wine," said another, who spent her partying time worried that the wine would slop all over her shirt. But another oenophile allowed, "I suppose if I were in a situation where I had to



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do a two-handed activity like change a baby's diaper or make lasagna, I'd use the Wine Yoke." And no activity screams "Get me a drink!" more than changing a baby's diaper.

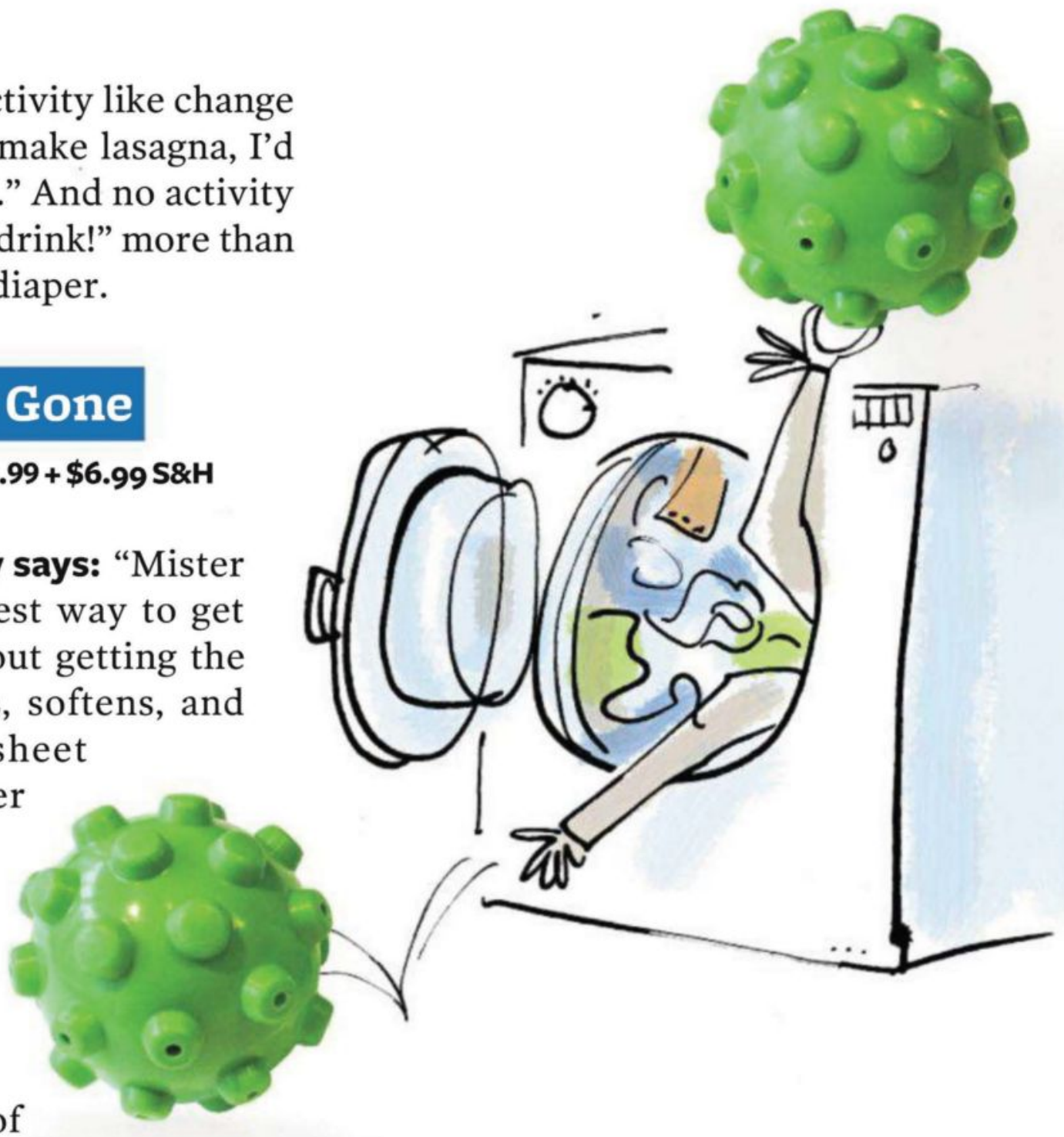
Wrinkles Be Gone

Mister Steamy **$19.99 + $6.99 S&H**

★★★½

What the company says: "Mister Steamy is the fastest way to get wrinkles out without getting the iron out." It fluffs, softens, and "reduces dryer sheet and fabric softener costs." Just add water and toss into the dryer.

What we say: "It actually worked," insists our crinkle-combating owner of crumpled khakis. "The hard-core wrinkles didn't come out, but an iron would be hard-pressed to get those out." While another tester liked that his clothes "felt soft to the touch and had a nice, clean smell," he added, "dryer sheets are easier to use and are just as economical."



A Smarter Microwave

TastiWave Oven **$39.95 + $10 S&H**

★

What the company says: "Change the way you cook forever!" This Dutch oven doppelgänger "absorbs microwave energy and converts it into cooking energy," leaving you with "home-made meals right from your microwave that taste absolutely incredible."

What we say: You'll need a PhD in kitchen engineering. "It took five adults—all cooks—half an hour just to figure out how to put it together. Steaming broccoli required three items in the microwave for nine minutes ... too much muss and fuss—so after all that frustration, we never actually tried it," said one tester. Back at *RD*, three editors marched into the office kitchen to cook up some lunch. The outcome? The TastiWave began sparking inside the microwave, forcing our hungry trio to beat a hasty and frightened retreat.

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Faster Food Fixer

Slice-o-Matic **$19.99 + $6.99 S&H**

★★★½

What the company says: Slice and dice your way to gastronome heaven with this lean, mean slicing machine that "cuts prep time in half." The "easy-glide handle" makes slicing fun, efficient, and cramp-free.

What we say: "The cut is very efficient," remarks one foodie. But because "the handle kept getting stuck," it didn't "operate as quickly as seen on TV. I started my prep work for soup 15 minutes before a basketball game. I was halfway through the celery when I gave up and sliced by hand. I didn't want to miss the tip-off!" But "the slices were consistent," so if you "want to impress friends" with a stellar presentation, it's "worth a try."

A Savvy Stirrer

The RoboStir **$10.99 + $6.95 S&H**

★½☆☆☆

What the company says: This cordless, hands-free cooking gadget "automatically stirs ... gravy, soups, stews, sauces, and more," by employing "the power of physics to magically move the silicone feet around the bottom of your pot so nothing sticks and nothing burns."

What we say: "There are few foods that have to be stirred constantly, even when you're instructed to do so," says our food editor. "But more perplexing, the instructions say don't leave the darn thing unattended, so what's the point if you still have to stand there staring at it?" Our favorite caveat: "The battery unit might explode in hot liquid." Um, that's what we're cooking on the stove.

Drive & Eat

SlobStopper **$14.95 + $4.95 S&H**

★★☆☆☆

What the company says: "Bibs aren't just for babies!" "The stain-defending, commute-protecting, and stylish SlobStopper" is a "waterproof barrier."

What we say: "On my way to the train, my bagel landed on the bib and not on my pants—that's a good thing," said one oinker. But others deemed it meh: "I don't have much use for a bib, as I am over the age of three." In fact, it could cause more harm than good: "I spilled coffee, and it seeped under the SlobStopper's neck and dripped down onto my feet." ■

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LIE-DETECTOR TEST

My five-year-old daughter, Rylee, was yelling at her younger brother for hitting her. "Troy, did you hit your sister?" I asked.

"No."

"Troy, Santa Claus can tell if you're lying."

He thought about the ramifications of this before asking, "Can you?"

Brian Smith, Bakersfield, California

Letter from a Free Man

A former slave sends his "Old Master" fierce words, dry wit—and a bill

FROM **lettersofnote.com**

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JANUARY 1, 2013, marks the 150th anniversary of the Emancipation Proclamation. One man who took full advantage of his new freedom was Jourdon Anderson, a slave who fled his abusive "Master," Col. Patrick Anderson, in Tennessee, to settle in Ohio as a free man. Shortly after the Civil War, the colonel beckoned Jourdon back to the failing plantation. Jourdon sent a droll reply in his place.

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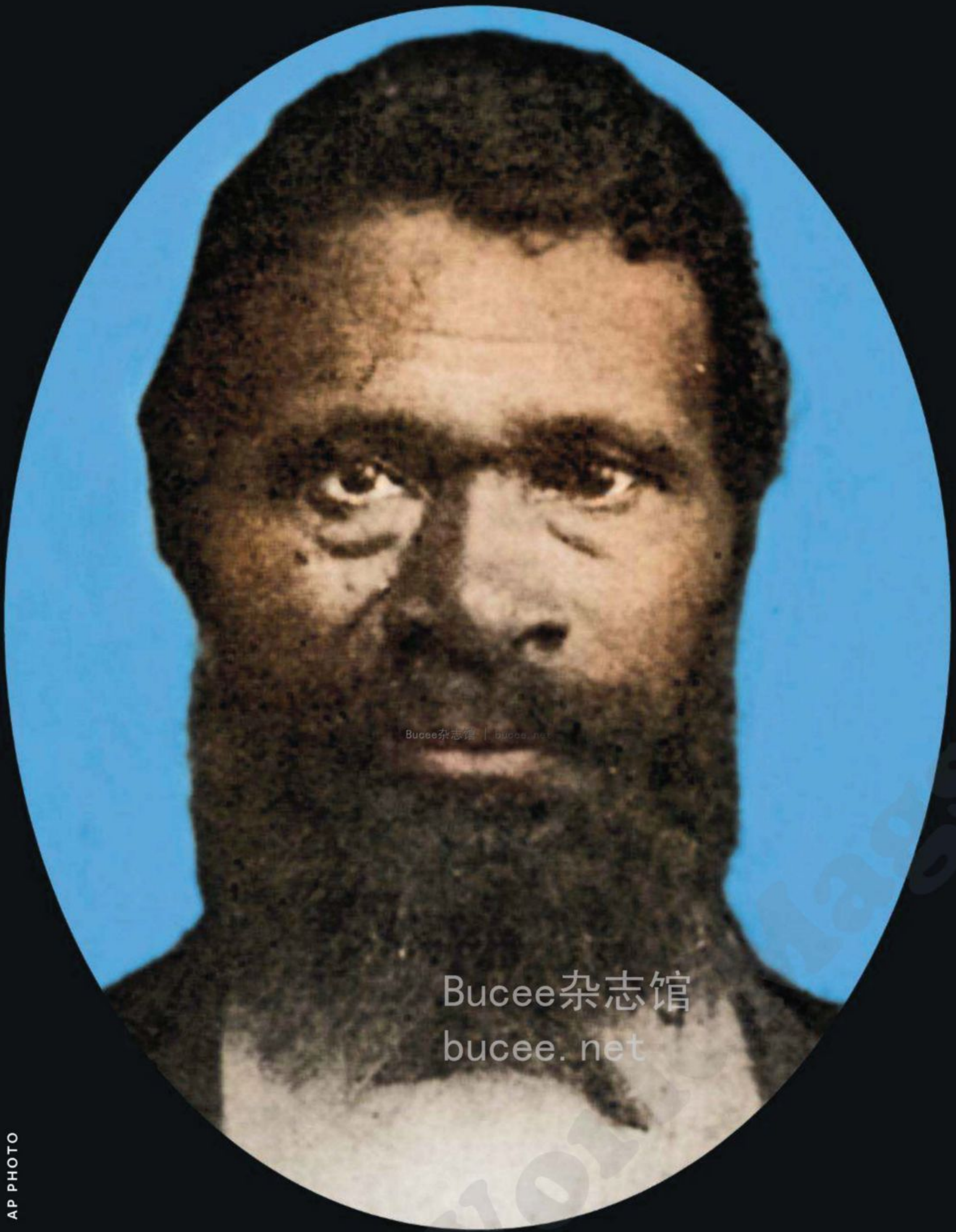

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AP PHOTO

Dayton, Ohio, August 7, 1865

To My Old Master, Colonel P. H. Anderson, Big Spring, Tennessee

Sir: I got your letter and was glad to find that you had not forgotten Jourdon, and that you wanted me to come back and live with you again, promising to do better for me than anybody else can. I have often felt uneasy about you. I thought the Yankees would have hung you long before this for harboring Rebs they found at your house. I suppose they never heard about your going to Colonel Martin's to kill the Union soldier that was left by his company in their stable.

Although you shot at me twice before I left you, I did not want to hear of your being hurt.

Although you shot at me twice before I left you, I did not want to hear of your being hurt. It would do me good to go back to the dear old home again and see Miss Mary and Miss Martha and Allen, Esther, Green, and Lee. Give my love to them all, and tell them I hope we will meet in the better world, if not in this. I would have gone back to see you all when I was working in the Nashville Hospital, but one of the neighbors told me that Henry intended to shoot me if he ever got a chance.

I want to know particularly what the good chance is you propose to give me. I am doing tolerably well here. I get twenty-five dollars a month, with victuals and clothing; have a comfortable home for Mandy, the folks call her Mrs. Anderson; and the children—Milly, Jane, and Grundy—go to school and are learning well. The teacher says Grundy has a head for a preacher. We are kindly treated. Sometimes we overhear others saying, "Them colored people were slaves" down in Tennessee. The children feel hurt when they hear such remarks, but I tell them it was no disgrace in Tennessee to belong to Colonel Anderson. Many darkeys would have been proud, as I used to be, to call you Master.

Now, if you will write and say what wages you will give me, I will be better able to decide whether it would be to my advantage to move back again.

As to my freedom, which you say I can have, there is nothing to be gained on that score, as I got my free papers in 1864. Mandy says she would be afraid to go back without some proof that you were disposed to treat us justly and kindly, and we have concluded to test your sincerity by asking you to send us our wages for the time we served you. This will make us forget and forgive old scores and rely on your justice and friendship in the future. I served you faithfully for thirty-two years, and Mandy twenty years. At twenty-five dollars a

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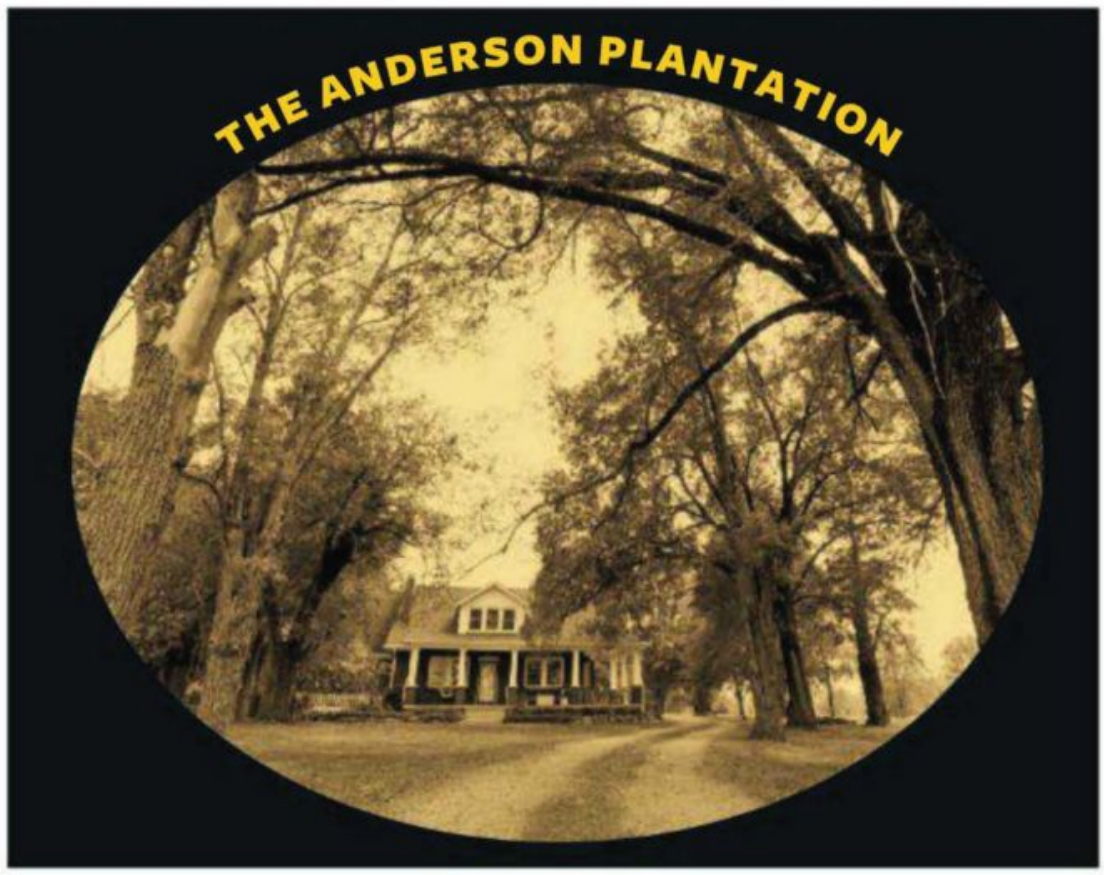
month for me, and two dollars a week for Mandy, our earnings would amount to eleven thousand six hundred and eighty dollars. Add to this the interest for the time our wages have been kept back, and deduct what you paid for our clothing, and three doctor's visits to me, and pulling a tooth for Mandy, and the balance will show what we are in justice entitled to. Please send the money by Adams's Express, in care of V. Winters, Esq., Dayton, Ohio. If you fail to pay us for faithful labors in the past, we can have little faith in your promises in the future.



We trust the good Maker has opened your eyes to the wrongs which you and your fathers have done to me and my fathers in making us toil for you for generations without recompense. Here, I draw my wages every Saturday night; but in Tennessee, there was never any payday for the negroes, any more than for the horses and cows. Surely there will be a day of reckoning for those who defraud the laborer of his hire.

In answering this letter, please state if there would be any safety for my Milly and Jane, who are now grown up, and both good-looking girls. You know how it was with poor Matilda and Catherine. I would rather stay here and starve—and die, if it come to that—than have my girls brought to shame by the violence and wickedness of their young Masters. You will also please state if there has been any schools opened for the colored children in your neighborhood. The great desire of my life now is to give my children an education and have them form virtuous habits.

Say howdy to George Carter, and thank him for taking the pistol from you when you were shooting at me.

From your old servant,
Jourdon Anderson

EDITOR'S NOTE: Things did not end well for Colonel Anderson. His crops failed, forcing him to sell his plantation for very little. He died two years later, at age 44. Jourdon survived him by nearly four decades, living well into his 70s. ■

MARK HUMPHREY/AP PHOTO

SPF 1,000,000

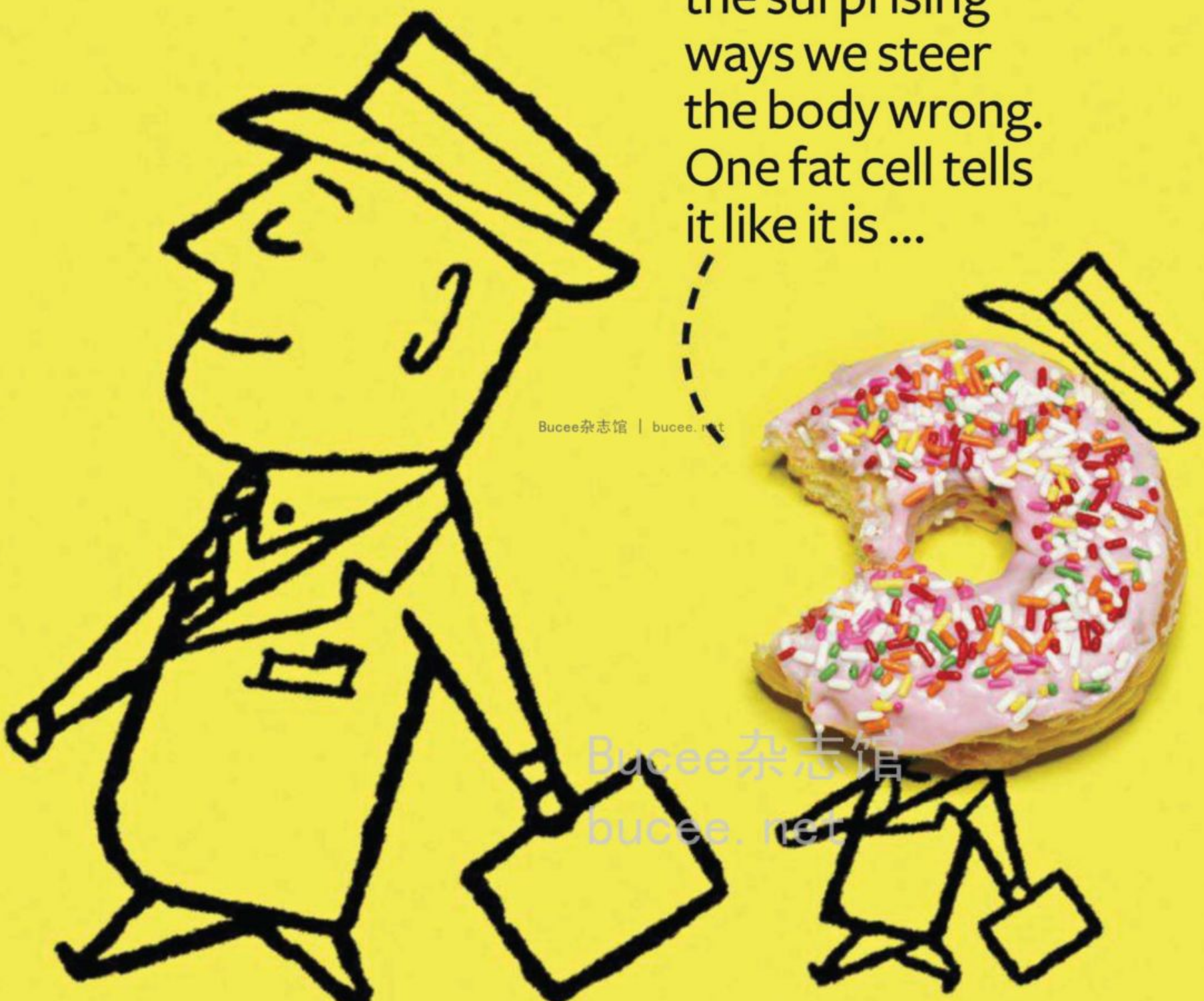
What did the Minnesotan say to the Pillsbury Doughboy? "Nice tan."

A Day in the Life of a Fat Cell

BY MARIT MITCHELL

ADAPTED FROM *Reader's Digest* CANADA

A talkative bit of blubber exposes the surprising ways we steer the body wrong. One fat cell tells it like it is ...



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It's shortly after 10 a.m., and The Body—all 237 pounds of him—is in his cubicle, sifting through e-mails. I'm wedged next to his liver, sifting through the metabolic remains of his morning drink: Vitaminwater. It calls itself a "nutrient enhanced" beverage, a nutritious cocktail. Ha! It's mostly sugar in a bottle, and I love it. It sneaks past the digestive system and lands in the liver, which converts it to fat and sends it straight to me. What a bonanza!

It's a great time for me and my brethren fat cells. After millennia of toeing the line and giving up our stores whenever the muscles and nerves called on us, we're now taking over. You don't have to take my word for it. You can see it on the streets every day. More than 35 percent of adult Americans are obese. Not just overweight—obese. Cardiovascular disease? Type 2 diabetes? Cancer? Not my problem. I'm livin' large.

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By 11 a.m., The Body's starving. That muffin he had for breakfast provided plenty of calories, but they don't satisfy him the way they used to. See, it's my job to send a hormone signal—called leptin—to the brain so it makes The Body feel full. It used to work like a charm. But these days, I pump leptin like it's a Middle Eastern oil well, and it just floats around in the bloodstream, aimless. With all that excess insulin swirling around to help The Body sop up his extra sugar intake, the brain doesn't receive my usual leptin signal and issue the "you're stuffed, stop eating" message. So he's more apt to feel hungry soon after he finishes eating.

Life is sweet—saccharine, really. But it wasn't always. I remember 40 years ago (The Body was barely a teenager) when I was born along with many of my fatty friends (puberty, the school nurse called it, which is when most adult fat cells should finish forming). I'd wait all day for some spare fatty acids I could store. Back then, most of the nutrition got used up. We fat cells would swell slightly, then shrink again. Those were lean times.

But I'm not going anywhere. I mean that literally. Fat cells never disappear. We're virtually indestructible. The Body can deprive me of the greasy good stuff, and I'll wither—but when he hits the drive-through again, I'll rebound faster than he can say "Supersize me!" In a normal body, fat cells are mostly done forming after puberty. But if you're obese, your fat cells plump up so much that new ones can be created. And lately, my neighborhood's been getting a little crowded. Every time a fellow fat cell fills up and hits its maximum storage capacity, a new fat cell pops up next door. I've heard that a normal body has around 40 billion fat cells, but The Body rolls deep—in here, there are 80 billion just like me!

I'm pretty lucky. Back when The Body went off to college, he developed a soda habit. At almost every

GETTY IMAGES (2)

lunch, he'd knock one back. It was a special treat, and I'd snag a few fat droplets from the liver each time and store them up. He liked the caffeine, too, the pep it gave him in the afternoon. Soon enough, after The Body graduated and found a job, he needed another can of soda just to push through the midafternoon slump. That was the start of my glory years.

Hear that? The Body's opening a can of soda as he digs in to his low-fat microwave lasagna. He's trying to cut back, shed a few pounds—and hey, if you're trying to lose weight, it makes sense to eat less fat. But have you ever tried lasagna without butter or oil? Tastes like cardboard. So there's extra salt and sugar to compensate, and it's still easy for me to convert some of that sugar to fat and squirrel it away. He has no idea!

The poor sap. Back in college, when The Body skied or cycled almost every weekend, his weight was under control. His diet had a lot less sugar, and his brain listened to my leptin warnings, quashing his hunger whenever I managed to plump up. I'd get a little ahead after a big weekend of beer and wings, inflate a tad. Then the next day he'd eat a bagel and apple for breakfast and jump on his bike. His muscles burned up all the handy

How to Starve Your Fat Cells

The medical experts on the hit syndicated show *The Doctors* reveal some simple, sneaky ways to help shrink stubborn fat stores.

From left: *The Doctors* cohosts Andrew Ordon, MD; Jim Sears, MD; Lisa Masterson, MD; and Travis Stork, MD. For more feel-great tips, watch *The Doctors* daily (check local listings).

Sip tea before you eat. A hot cup 20 minutes before a meal may help you consume fewer calories. Even better, a German study found that Chinese white tea reduces growth of new fat cells and breaks down fat in existing cells.

Sniff grapefruit. The scent of grapefruit may temporarily raise metabolism and reduce appetite. Try keeping essential oil in your kitchen or at your desk.

Eat eggs for breakfast. In one study, people who had two eggs for breakfast lost 65 percent more weight than those who ate an equal-calorie bagel. Also, people who eat protein- and fiber-rich breakfasts have lower levels of hunger hormones later on.

glucose, and I'd be forced to break down some of my precious self into fatty acids and glycerol. I'd give glycerol to the liver, which would convert it into glucose to burn, and the fatty acids would go straight to the muscles for energy. I'd deflate and hunker down, waiting for his next binge.

Now he polishes off the lasagna tray in six bites and swivels back to his computer, clicking and clacking through the afternoon. When he heaves himself from his chair to head home at 5 p.m., it's the hardest his heart has had to work all day. I'm not worried, though—there's plenty of fuel in his muscles to provide energy, so I never have to offer up any of myself to help. I'm lying low, laughing, confident I'll never be called on to liquidate my stash.

I get to relax during the hour-long commute home. What will I have for dinner tonight? Fried chicken? Burgers? But when The Body sags into his chair at the dinner table, he sees grilled chicken and salad. Lettuce, tomatoes, peppers ... and what the heck is that, toasted pine nuts?! Oil-and-vinegar dressing, not even creamy ranch. Unfortunately, the salad's fiber slows his digestion of the sugary dinner roll he snags from the basket. What gives? he asks. We're eating healthy, says his wife. No more junk for dinner.

This could be bad for me, but I know The Body, and true to form, he cracks a beer. Sweet relief! I can score fat out of a beer as well as a can of soda. The ethanol it contains is a derivative of sugar, so some of the boozy goodness goes through the liver and converts to fat. After dinner, he takes the dog out for a walk. Thankfully, a casual stroll won't exert enough energy to dip into my storage. Even better, when he gets home, he plops down to watch the game. Conditioned to snack at night, he grabs a Rice Krispies square, a tiny sugar boost for me. He slides into bed around midnight, hoping for his usual six hours of sleep. While The Body snoozes, I get to relax too. He doesn't rely on my stores during the middle of the night, so I'm waiting for morning and already pulsating. I know his lack of sleep will make him stressed, hungry, and more likely to crave sugary, high-carb foods. Mmm, maybe doughnuts for breakfast? ■

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FINGER FOOD

Days after our youngest daughter was born, my family went for a drive. While my wife ran into a store, the baby started to cry. Not having anything else to give her, I let her suck on my finger while we waited for her mother to come back and breast-feed her. My eldest, age four, said, "Is that how you feed her—from your finger?" *Adam Campbell,* Ontario, Canada

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Why Can't Linda Carswell Get Her Husband's Heart Back?

After an inconclusive autopsy, Jerry Carswell's heart remains in a refrigerated cabinet in a hospital lab instead of being buried with him. In a mission to get it back, his wife learned the truth about the shocking flaws in the death investigation process.

BY MARSHALL ALLEN

FROM **ProPublica**

PHOTOGRAPHS BY DAN WINTERS

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"Your husband is dead,"

the doctor told Linda Carswell.

Jerry Carswell had been admitted to Christus St. Catherine Hospital in Katy, Texas, with kidney stones. The previous night, he'd been talking about basketball and the upcoming presidential election with his son Jordan. The plan was for the 61-year-old to be discharged that morning.

Instead, at about 5 a.m., a phlebotomist entered Jerry's room to draw blood and found him lying across the bottom of his bed, not breathing, mottled and blue, without a pulse. Staffers performed CPR for 25 minutes to no avail. Carswell was pronounced dead at 5:30 a.m. on January 22, 2004.

Linda and Jordan rushed to Jerry's bedside; she shrieked and grabbed her husband's cold hands, trying in vain to stir him.

The on-call doctor suggested that the Carswells authorize an autopsy if they wanted more information on the cause of death, launching the family on a traumatic journey that still isn't over.

Clinical autopsies, once commonplace in American hospitals, are now conducted in just 8.5 percent of hospital deaths. Grief-stricken families like the Carswells desperately want the answers an autopsy can provide. But they often do not know their rights in dealing with either coroners or medical examiners, who investigate unnatural deaths, or health-care providers, who delve into natural ones.

The Carswells' case would play out in pathology labs, lawyers' offices, and courtrooms for more than eight years. It led to a rare $2 million fraud judgment against Christus St. Catherine and state legislation designed to strengthen families' entitlement to comprehensive, independent post-mortem reviews.

It has not, however, led to closure or accountability. Jerry Carswell's cause of death remains unknown. He also has not been laid fully to rest. His heart sits in a refrigerated cabinet in a hospital lab to this day.

None of the hospital employees involved in the Carswell case would answer questions from ProPublica. In a written statement, hospital officials said they provided good care to Carswell and that his autopsy was sufficient.

Linda Carswell, an English teacher at one of Houston's elite private schools, said her family's macabre saga has left her lonely and disillusioned. She has had to navigate complex establishments—medical and legal—

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while processing the shocking loss of her husband. Measured and proper, with black hair streaked by strands of white, she cannot seem to make peace with her loss.

Linda and Jerry, a history teacher and track coach, had been married for 33 years and raised two sons. She recalled how they would sit on the couch, her head on his chest, listening to the *thump-thump* of his heart. She is determined to get it back. "It's not just a piece of flesh," Linda said. "Your heart stands for love. It stands for who a person is."

A Call to the Medical Examiner

A **scan performed** when Jerry Carswell was admitted to the hospital showed that, in addition to kidney stones, he had a cancerous tumor on one of his kidneys. It was early-stage and not considered life-threatening. At times, he was given medication to treat intense pain. Records show he was administered the narcotic Demerol and the drug Phenergan, which can depress the respiratory system, in the hours before his death.

State law required that the hospital report Carswell's death to the county medical examiner's office because it was unexplained and unobserved and had occurred soon after he had received medical care. But it's unclear whether this step was taken. Hospital records show that the night administrator made a minute-long phone call to the medical examiner's office at 6:35 a.m.—about an hour after Carswell died—but the office later said it had no record of the call.

It may not have mattered. Medical examiners rarely investigate deaths at health-care facilities. Their resources are already stretched by homicides, suicides, and other suspicious deaths. They are seldom inclined to dig further if staffers at a medical facility ascribe a death to natural causes.

In court testimony, the night administrator at Christus St. Catherine said she had reported hundreds of hospital deaths to the Harris County medical examiner's office, and it had never taken a case.

As she sat with her husband's body, Linda Carswell was unaware of the hospital's reporting requirement or that the medical examiner was supposed to assess his case. But she and Jordan said that no one at the hospital would answer questions about how Jerry had died. She knew Jerry had been administered narcotics during his stay and wondered whether the drugs had played a role in his death.

Linda said that when she asked Patty Elam, a daytime charge nurse, to call the medical examiner's office to request an autopsy, Elam told her the office had already turned down the case. Elam declined to comment for this story but said in court testimony that she did not speak with Carswell about the call to the medical examiner's office. Linda did not press the matter further, a decision she came to regret.

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A Contentious Autopsy

Linda Carswell was determined that Jerry's death would not go unexplained, so she says she asked Barbara Lazor, a Christus St. Catherine administrator, whether a private autopsy could be arranged.

Carswell said the administrator told her a private autopsy could cost as much as $10,000. Lazor offered to have the hospital provide an autopsy for free, but Carswell felt uneasy about whether the hospital was being entirely truthful with her about Jerry's care.

Carswell said Lazor assured her that the autopsy would be independent—performed by a pathologist at a different hospital, St. Joseph Medical Center. So Linda signed the consent form, checking off the box requesting a "complete autopsy."

Later, in court, Lazor and Elam would deny ever speaking to the Carswells about anything related to the autopsy. The hospital employees would not comment to ProPublica.

Pathologist Jeffrey Terrel started the autopsy the day after Jerry died.

Linda and Jordan Carswell expected a "complete" autopsy to be exhaustive, including whatever it took to determine the cause of death. They said they insisted to hospital officials that they test Jerry's urine for drugs to see if they contributed to his death. But Terrel performed no toxicology tests on Jerry's blood or urine, later testifying that Jerry's medical records suggested that drugs could not have contributed to his death, based on dosage and the time of administration.

According to experts, Terrel's approach was standard for a clinical autopsy. Even though the Institute of Medicine has reported that medication errors affect an estimated 1.5 million patients per year, it is not typical to conduct toxicology tests as part of clinical autopsies, though they are routine in forensic autopsies.

Terrel testified he had performed more than 1,000 autopsies during his career and had never determined that an overdose caused a patient's death. Further, he testified that he had never classified a death as "accidental" because those cases would be referred to the medical examiner.

In his preliminary report, Terrel said he suspected a heart attack was the cause of death, but his final report said there was no evidence of a heart attack. In court, Terrel said he still thinks a heart attack is the most medically probable explanation. Terrel also testified that the cause of death was natural, ruling out medical error.

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Some Alarming Discoveries

As Terrel performed Jerry Carswell's postmortem exam, Linda came across some discomfiting information. St. Joseph Medical Center was owned by the same company that owned Christus St. Catherine, where Jerry died. The pathology group that employed Terrel worked for both facilities.

If Carswell had known that the

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Mementos of a life well lived: Jerry's role as dad of two, track coach, veteran, and more.

hospitals were linked, she would have paid for a private autopsy elsewhere. Eight days after her husband's death, she and Jordan delivered a letter to the pathology lab at St. Joseph Medical Center, requesting the preservation of tissue and fluid samples "following any diagnosis that may be made."

Terrel later testified that he interpreted Carswell's letter as a legal threat. He stopped working on the case immediately, putting Jerry Carswell's tissue samples and specimen slides into a cabinet.

Jerry Carswell's admitting physician, urologist Paul Cook, filled out and signed the death certificate. Cook listed several findings from Terrel's final autopsy report as causes of death: inflammation and infection of the abdomen and stomach, as well as the cancerous kidney tumor. He checked off "natural" for the manner of death.

Yet, during the trial, he testified that Jerry Carswell hadn't needed treatment for the stomach or abdominal problems and that the prognosis for the kidney cancer was good. Cook did not respond to a request to speak to ProPublica.

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"You Have Mr. Carswell's Heart"

Not knowing how her husband died ate away at Linda Carswell's psyche. Hospital officials' refusal to discuss the matter fanned her grief into anger.

On June 7, 2005, Carswell sued the hospital, alleging negligence and fraud. "It was strictly for us to know what exactly had happened," she said.

In October 2006, her attorney, Carl Shaw, took a deposition from Terrel, attempting to determine what

evidence he had retained, that led to a ghastly revelation. "Is there anything more than the slides?" Shaw asked.

"Yes. The heart," Terrel replied.

Shaw was taken aback. "You have Mr. Carswell's heart," he repeated.

Terrel went on to say that he had not informed anyone of what he had done, including Linda Carswell.

When Shaw told Linda, she collapsed into a chair in her kitchen and wept.

Later, in trial testimony, Terrel said he had misspoken in the deposition and that he had not retained the entire heart.

Pathologists told ProPublica that organs are typically returned or disposed of once tests performed as part of an autopsy are complete. It's inappropriate to retain them for an extended period without the consent of the next of kin, said Victor Weedn, MD, JD, professor and chair, department of forensic sciences, George Washington University.

In March 2008, a judge hit Christus Health, the company that owns Christus St. Catherine, with a $250,000 fine for improperly keeping Jerry Carswell's heart tissue and running tests on it without his family's permission, as well as mishandling his blood serum. "They were using Jerry's heart against him," Linda said. "I was just furious."

The lawsuit finally went to trial in August 2010. After 22 days, a jury cleared hospital nurses of negligence but determined that hospital officials had committed fraud when obtaining Linda Carswell's consent for the autopsy. The jury awarded her $2 million, including $1 million in punitive damages.

The hospital has appealed (as of press time, the case is ongoing), arguing there is insufficient evidence that administrators misled Linda Carswell or knowingly made false statements about the autopsy.

Despite the jury's multimillion-dollar affirmation, Linda Carswell remains angry that the negligence claim failed. The case was difficult to argue without an autopsy yielding a confirmed cause of death, said Mike O'Brien, the Carswells' trial attorney. "Without the autopsy, you're hamstrung," he said.

Autopsy Reform in Jerry Carswell's Name

When Jerry died, Linda Carswell was not aware of the differences between forensic and hospital autopsies. She has since learned that the medical examiner's office was required to consider cases like Jerry's. The realization that she could have pushed for a forensic autopsy by the medical examiner caused her to roam the house at night, wondering how she could've been so ignorant.

Carswell was determined to ensure that other families knew their rights. She urged a family friend, Texas Rep. Bill Callegari, to introduce legislation requiring doctors to use standardized forms to simplify the complex system.

He could identify with Carswell's

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distress. Decades earlier, his brother, a 26-year-old Air Force B-52 navigator, had been killed during a training mission in Wisconsin under mysterious circumstances. Callegari finally learned the cause of the accident after he was elected in 2000. A stranger, recognizing his name, explained that the plane had malfunctioned while testing some high-tech equipment.

The Carswell family would never have a similar reprieve from the pain of not knowing. "What happened in this case was atrocious," Callegari said of Jerry Carswell's death. "You can feel the anguish ... you have a right to know what happened."

In September 2011, the Jerry Carswell Memorial Act, which Linda worked with Callegari to draft, went into effect. It requires Texas hospitals to use a standardized autopsy consent form that spells out families' rights when a loved one dies in a medical facility, including: the circumstances under which a medical examiner is required to conduct an investigation; that, in cases not taken by a medical examiner, survivors have a right to have an independent pathologist conduct a clinical autopsy; that the family has a right to place special limitations on the examination; and that the person giving consent for the autopsy controls the release of the remains.

Had the law existed when Jerry died, Linda is certain she would have the answers she needs. "And most likely Jerry's heart would not still be in a plastic bucket at St. Joseph's." ■

Update: Where Is the Heart Now?

This summer, the Texas Supreme Court reaffirmed that a deceased person's next of kin is entitled to possess his body and bury it. Although Linda Carswell has repeatedly asked the attorneys representing the hospitals and pathologist to return Jerry's heart, the Christus hospital attorneys have refused, saying the heart could become relevant evidence in the case of a retrial. Linda, however, is not giving up—and has even selected a special urn where her husband's heart can be laid to rest.

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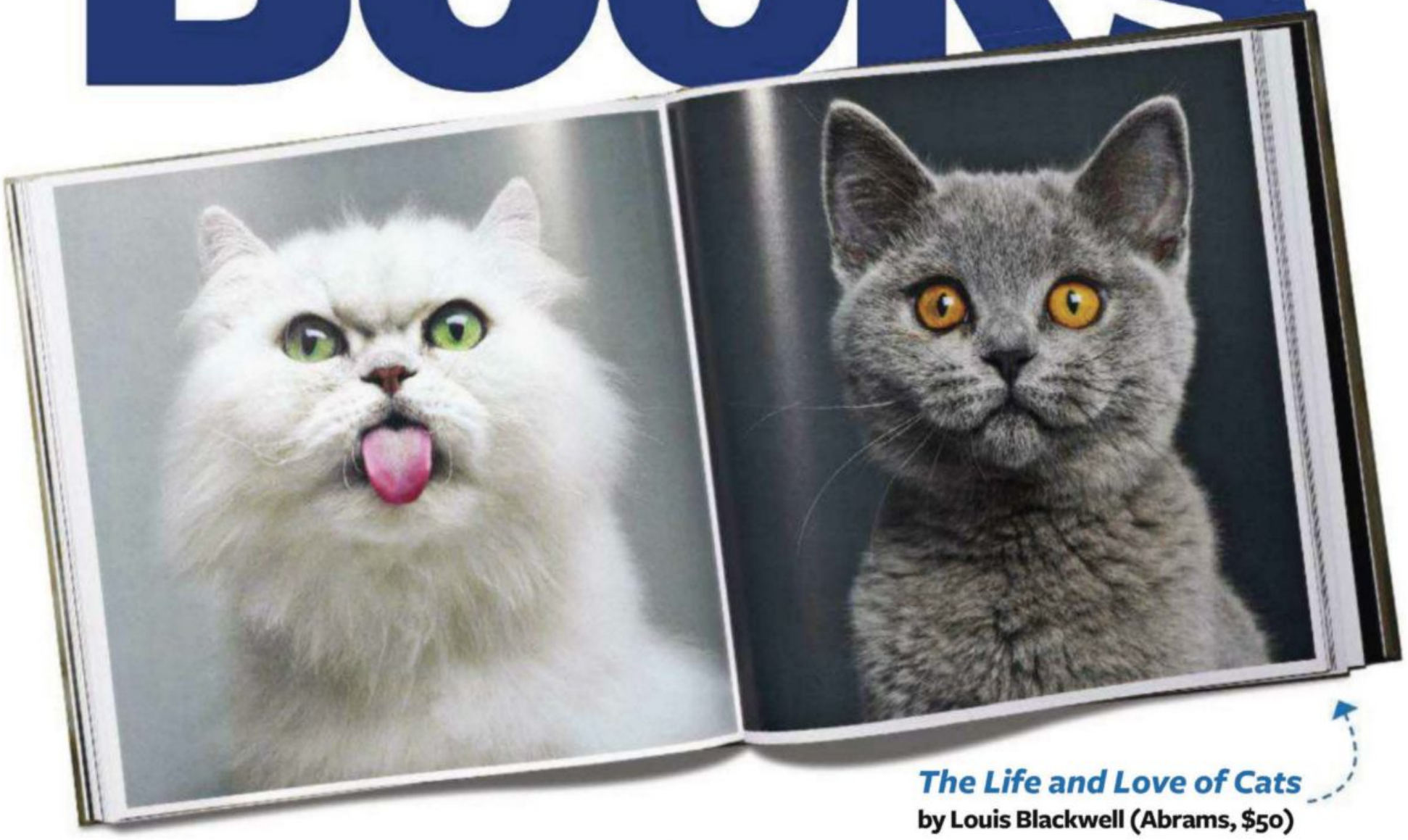
Books



The Life and Love of Cats
by Louis Blackwell (Abrams, $50)

HOLIDAY PICKS

Give the Big Picture

The subjects in *The Life and Love of Cats* are by turns feisty, pensive, and slightly otherworldly, while those in *Puppyhood: Life-Size Portraits of Puppies at Six Weeks Old* are simply *awww*-inspiring. But cat and dog lovers can agree that these books make *purr*fect gifts.

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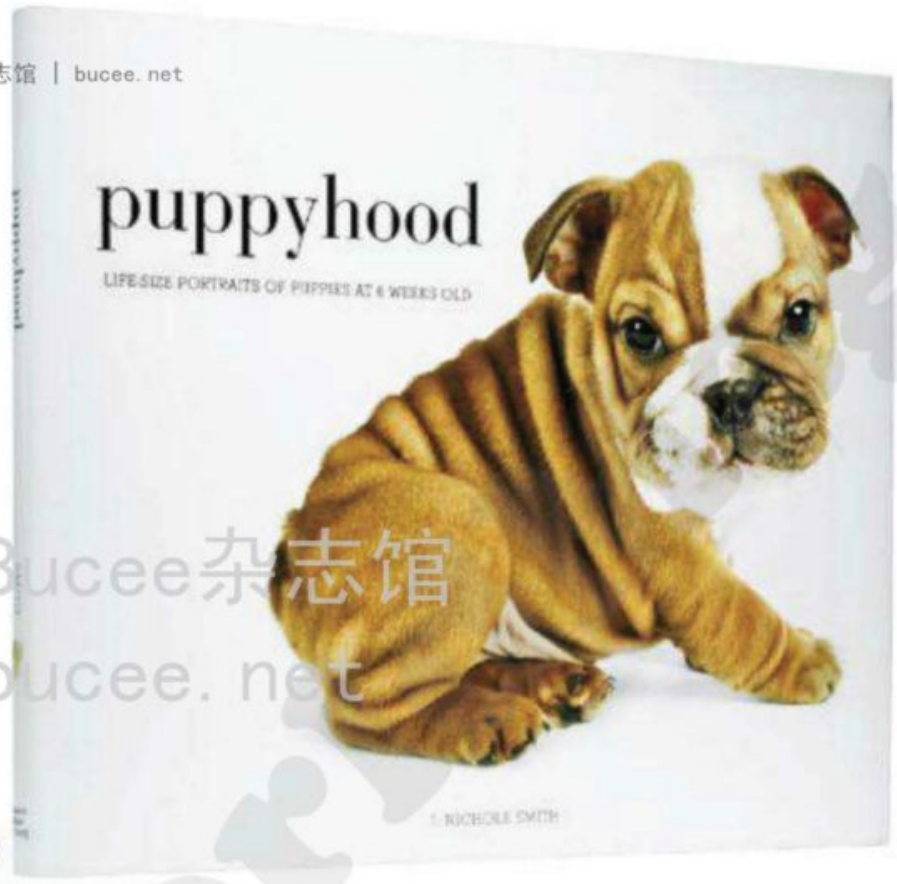


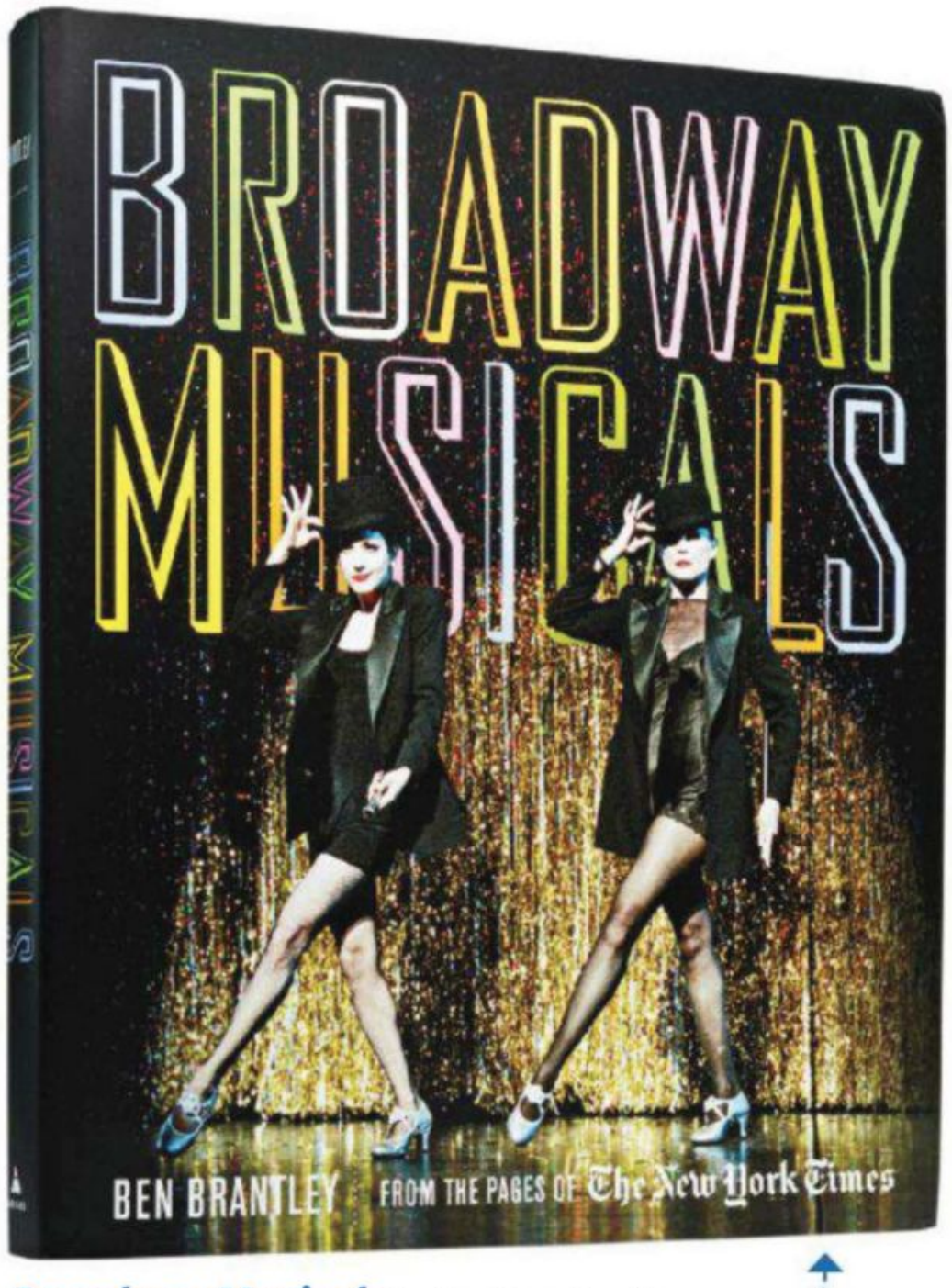
Puppyhood **by J. Nichole Smith**
(Stewart, Tabori & Chang, $29.95)

PROP STYLIST: WENDY SCHELAH FOR HALLEY RESOURCES

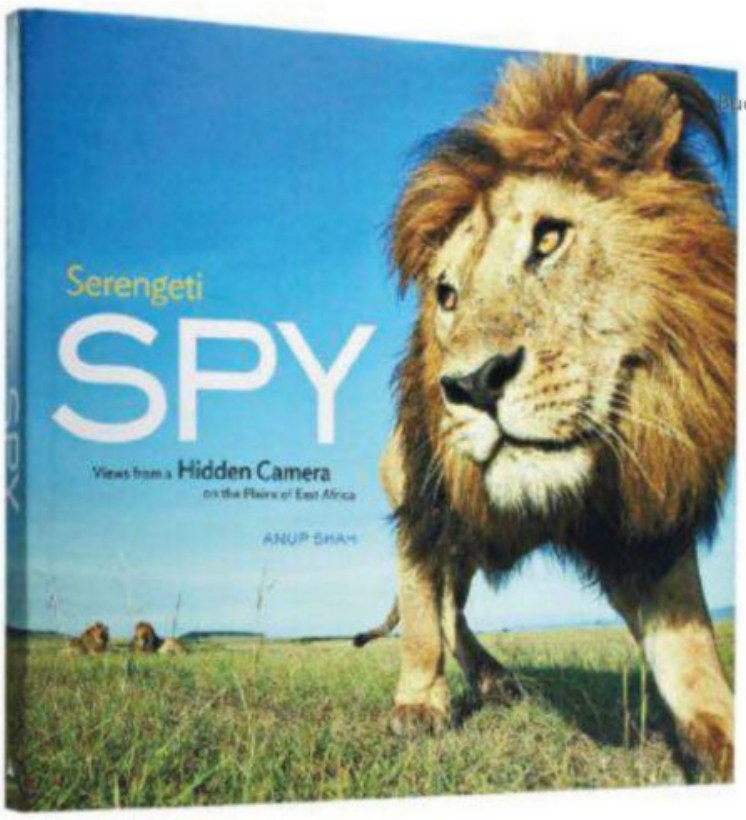
PHOTOGRAPHS BY SAM KAPLAN

Books

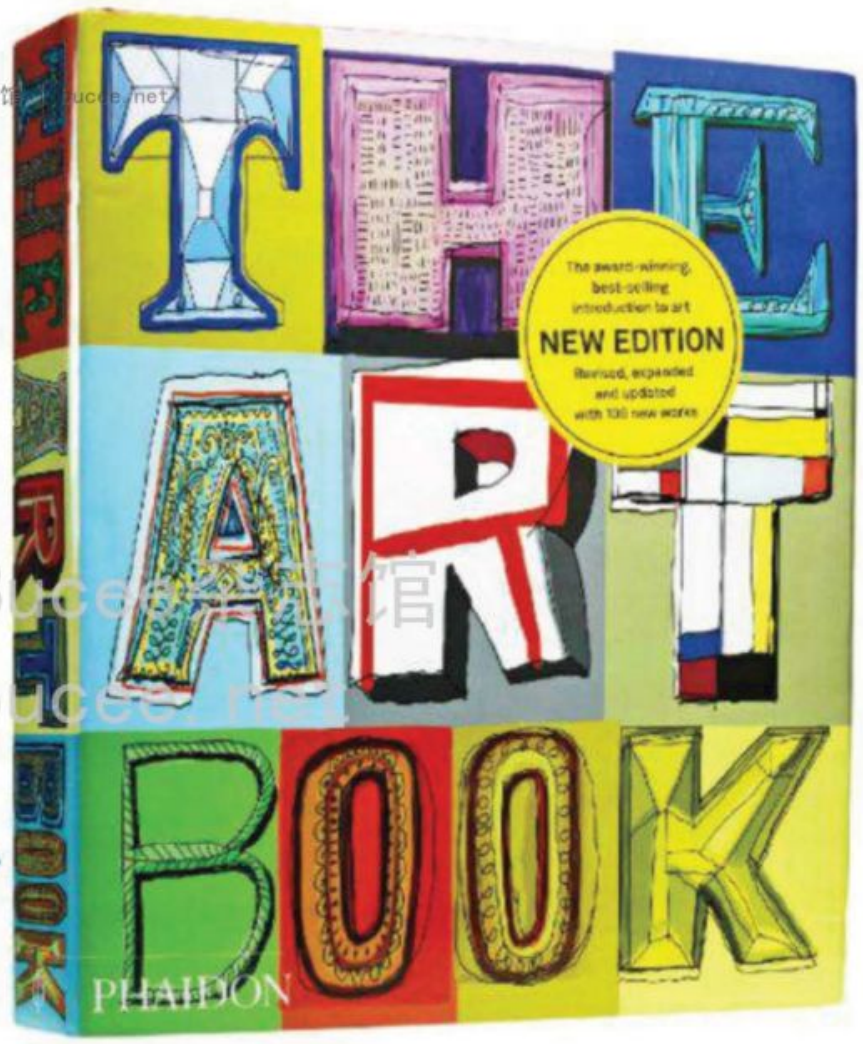
A big, bold, beautiful book is just the ticket for even the hardest to please on your list. *Broadway Musicals* (right) offers a front-row seat to delight, chronicling the Great White Way from 1907's *The Merry Widow* to the present. *Serengeti Spy: Views from a Hidden Camera* (below left) is filled with extraordinary images for those who prefer their spectacle au naturel. *The Art Book* (below right) is worth every penny of its hefty price; this 592-page A-to-Z volume is the art history class you wish you had taken: fun, refreshing, a take-home museum.



Broadway Musicals **by Ben Brantley, from the pages of the *New York Times* (Abrams, $50)**



Serengeti Spy **by Anup Shah (Abrams, $40)**



The Art Book **(Phaidon, $59.95)**

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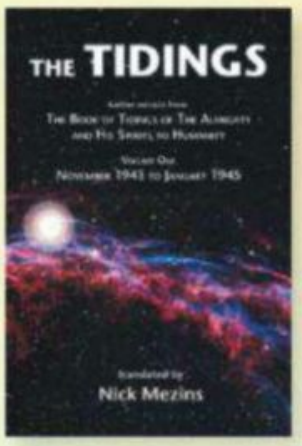
Books You'll Love to Share



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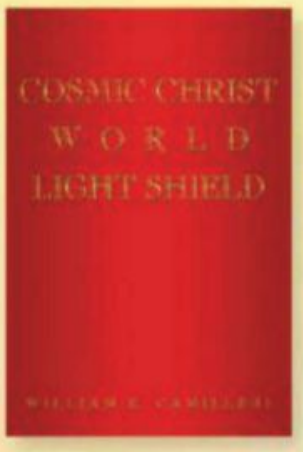

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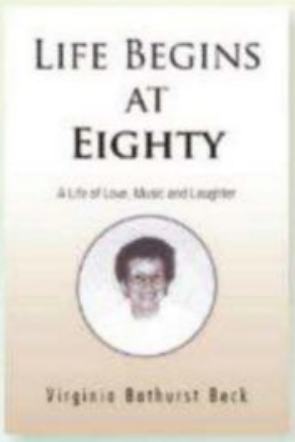

Life Begins at Eighty
A Life of Love, Music and Laughter
Virginia Bathurst Beck
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Price: $10.00 Pages: 152

This memoir presents Virginia's charming columns she started writing when she was eighty. They cover world changes from the "Roaring Twenties" to the present day. She writes about pets, vaudeville travels, past heroes and heroines and her dad's "one man show."

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M.J. Abrams
Softcover | 9781412072946
Price: $10.95 Pages: 28

"Chubby Wubbles is a delightful children's story by MJ Abrams about the friendship between a young man and his mischievous ferret. Their exciting adventures progress with unexpected twists and turns along the way".

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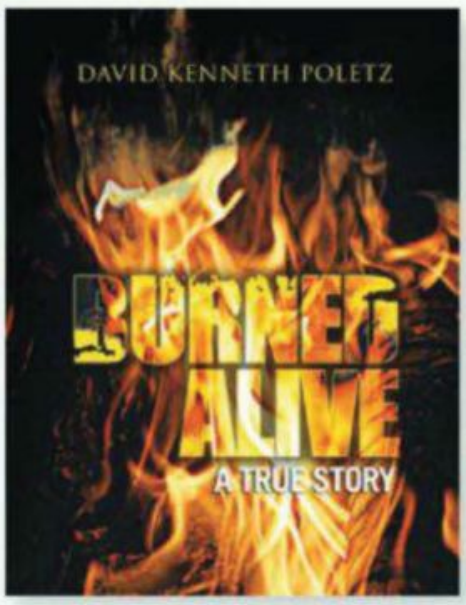

Burned Alive
A True Story
David Kenneth Poletz
Softcover | 9781466906709
Price: $17.25 Pages: 32

His life and body shattered, author David Kenneth Poletz looked life and death square in the face and through will, determination and a few good friends, pulled his way through the toughest times to make his life better. Follow him on his incredible journey of recovery after suffering horrible burns in an industrial accident.

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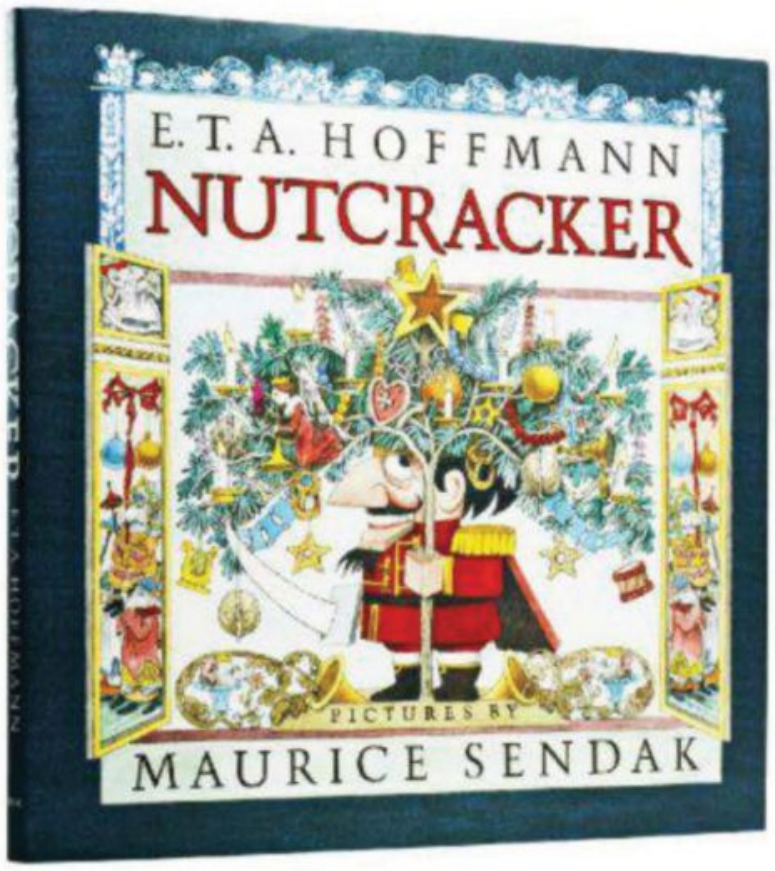

Maurice Sendak, the genius illustrator who created the kids' classics *Where the Wild Things Are* and *In the Night Kitchen,* died last May at the age of 83. But his visual wit and exuberance are fully alive in this new edition of E. T. A. Hoffmann's *Nutcracker*—the sugarplum tale on which the ballet is based.

Nutcracker **by E. T. A. Hoffmann, pictures by Maurice Sendak (Crown, $24.99)**

TABLET BONUS
For excerpts from all our featured books, download the *Reader's Digest* app for your iPad or Kindle Fire.

BETWEEN THE LINES

MEET THE DICKENS KIDS

Robert Gottlieb's ***Great Expectations: The Sons and Daughters of Charles Dickens*** **(Farrar, Straus and Giroux, $25)** is an intimate portrait of the great writer's ten kids. Turns out Dickens was both the best of dads and the worst of dads: "He was a wonderful father when the children were young—a magical person," Gottlieb says. "He never stopped trying to do the best for them. But when they reached a certain age, he became less patient." He sent them off early into the world: Some died young; others led fulfilled lives, yet none met Dickens's great—and unrealistic—expectations. Gottlieb, who spent three years researching this clan, ended up favoring the same child Dickens did: Katie. "She's a charmer, and she's difficult, and she's perky, and she speaks right up."
For a full interview with Gottlieb, download the *Reader's Digest* app.

COURTESY MICHAEL LIONSTAR

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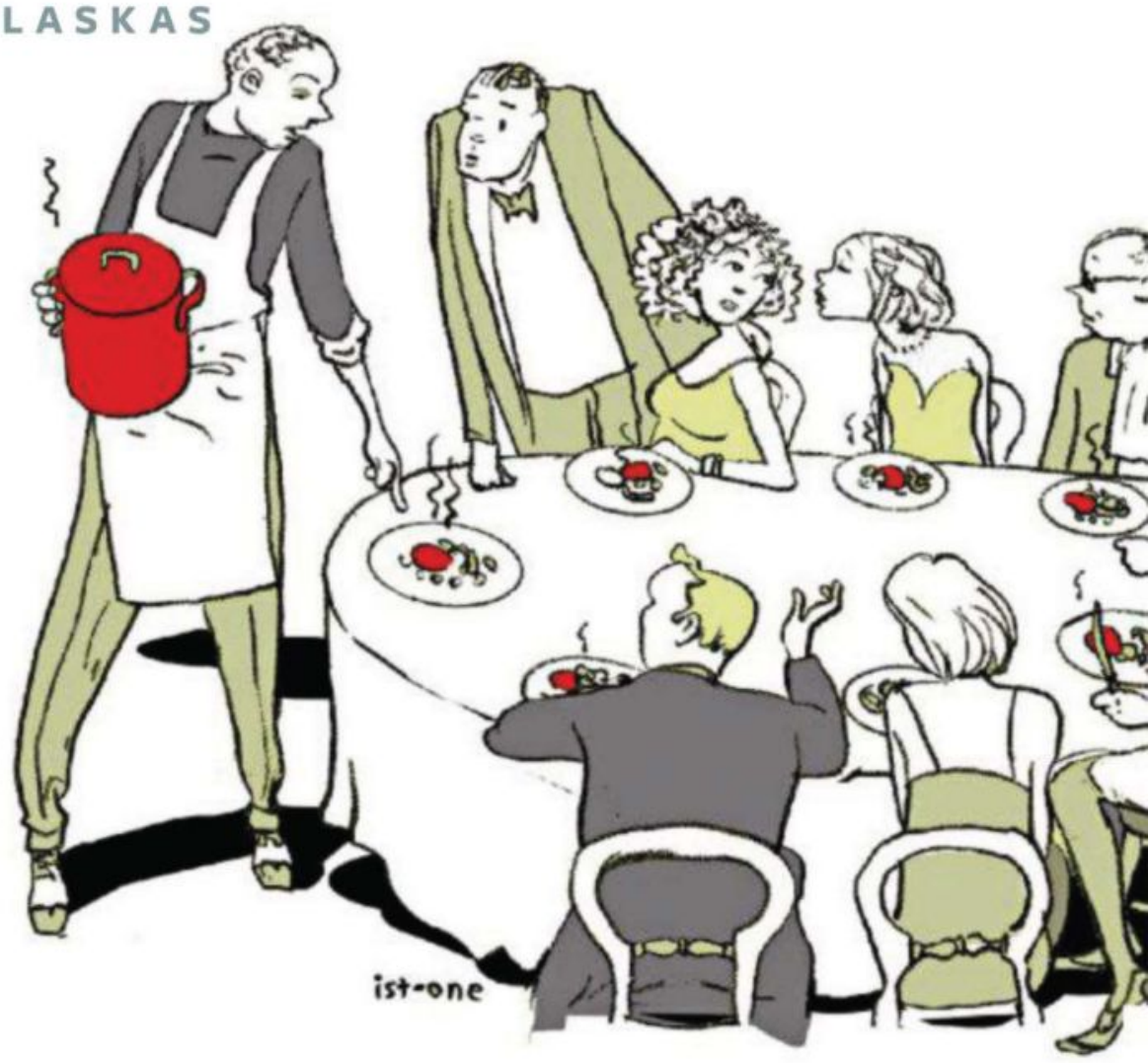
Ask Laskas

JEANNE MARIE LASKAS



Dinner Party Disagreement

I got into an argument with a dinner guest. I'd spent hours cooking a meal, and when I served her first, I asked her to begin so that it wouldn't get cold. She, and thus the others, insisted on waiting until we were all served before diving in. The result: The meal cooled off. She insisted she did the polite thing. I say, polite-schmite—eat the darn dinner while it's hot. Otherwise, I'm serving cold cuts next time. Who's right?

Heated Host

Dear Heated,
As justified as you may have been in offering the option, your guests didn't feel comfortable breaking a common rule of dining etiquette. They get to decide. In other words, your friend wins the argument. Next time, if you need that much control over your cuisine, figure out another way to serve it. (Dish it out in the kitchen? Use a heat lamp?) If you continue to feel resentful about having to serve "the darn dinner," you might want to consider a caterer.

Jeanne Marie Laskas is not a shrink, but she does have uncommon sense.

Wedding Dress Mess

I went shopping for my wedding dress with my matron of honor and my future sister- and mother-in-law. I live in California, and my mother, who lives on the East Coast, couldn't afford to join us. Now she's upset she wasn't there. She thinks I should have flown her out, which I couldn't afford. My in-laws timed their visit to be there on their own dime. My mother says she isn't coming to the wedding because of this slight. How do I better this situation?

Stressed at the Altar

Dear Stressed,
Sounds like you *are* doing something to better your situation: marrying into a family of normal people! Your mom is so far off the fence

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ILLUSTRATION BY ISTVAN BANYAI

here, she's in a different town. Tell her you're sorry she missed out. Tell her you love her. Send her some photos of flowers and other wedding stuff you'd like her opinion on. If she continues sulking and chooses to miss out on a once-in-a-lifetime opportunity to witness her daughter's marriage—because of a dress—well, that's her loss.

YOUR WORDS OF WISDOM

In our October issue, we asked you to help *Seeking Privacy*, who was bothered by someone talking on the phone in a public restroom. Most of you urged tolerance:

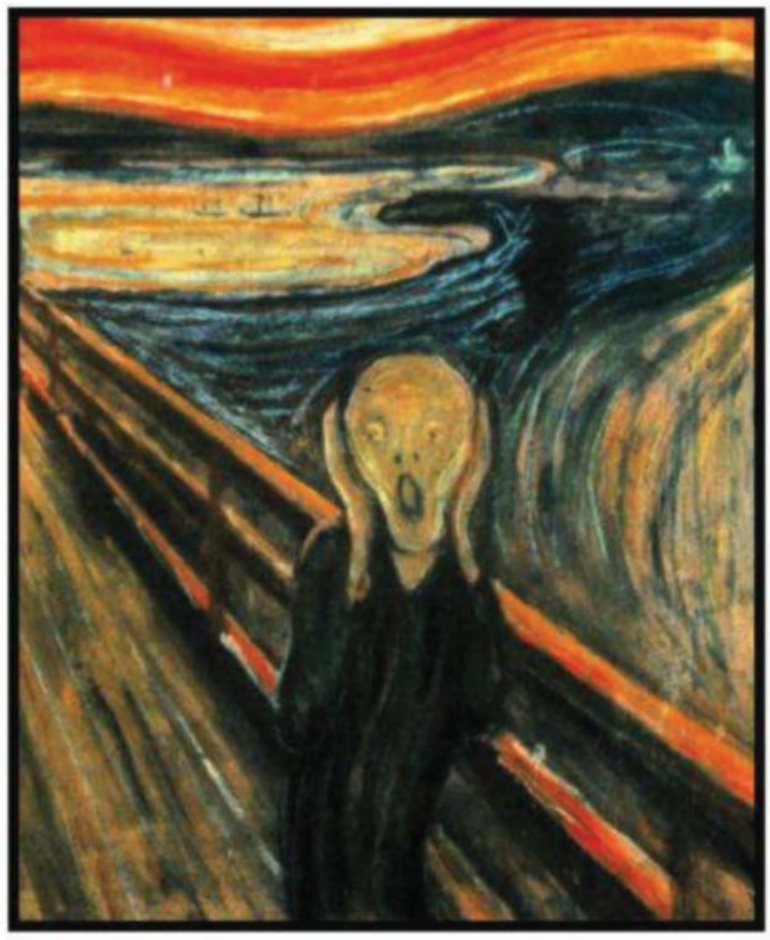
This is out of your control. Apparently she doesn't mind your eavesdropping, so you shouldn't either. People who do this kind of activity usually don't have a care in the world, so don't worry about being sensitive to their behavior. *Carolynwalter*

GIVE YOUR BEST ADVICE

Write your answer to this problem at rd.com/december.

My neighbor, a young man around my age, stops by when my husband is at work. He is very friendly—almost too friendly. I don't want to be rude, but it's getting creepy. What do I do? *Too Nice*

Send questions about manners, parents, partners, or office politics to advice@rd.com. Sending gives us permission to edit and publish.



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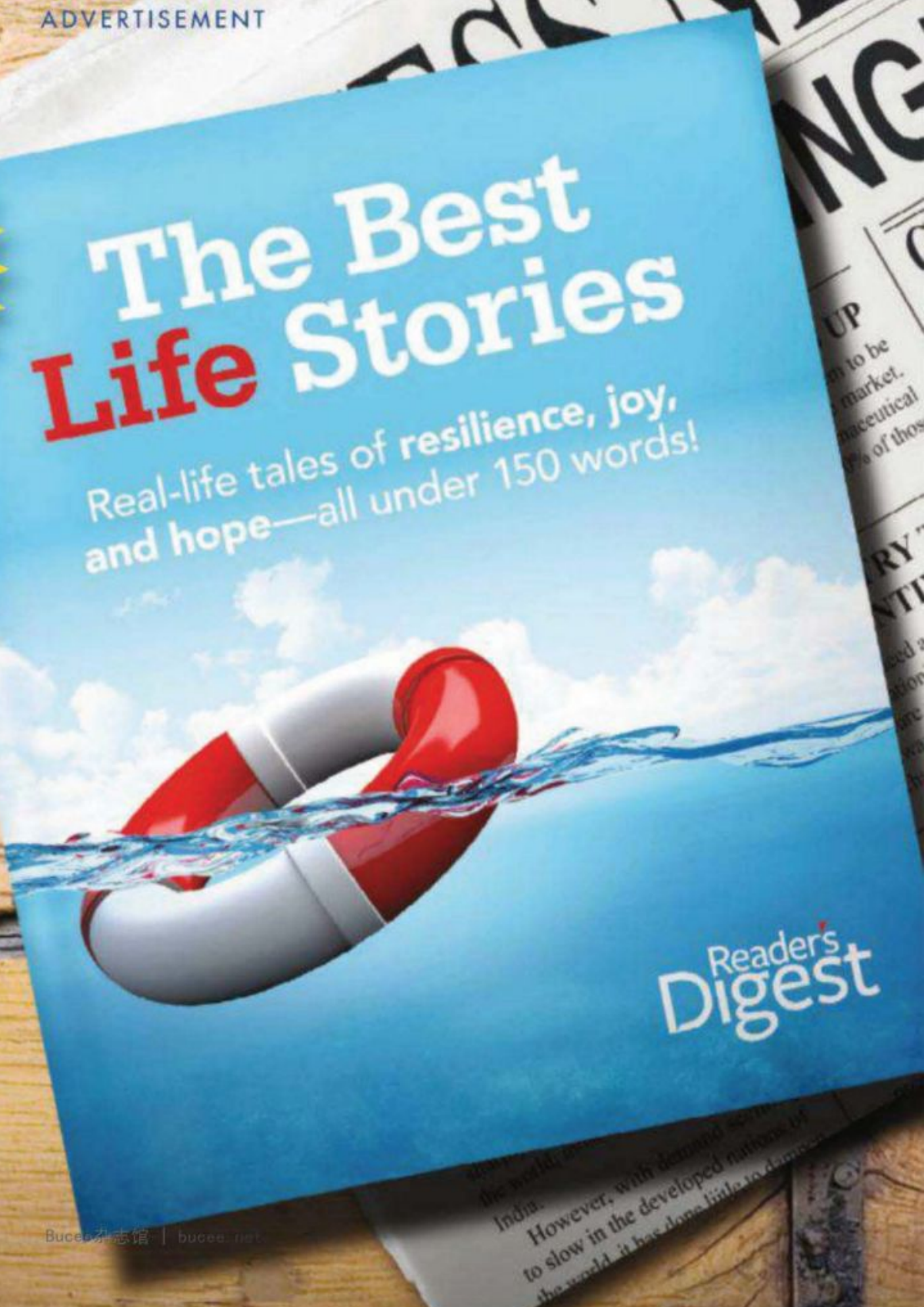

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Reader's Digest

Word Power

BY EMILY COX & HENRY RATHVON

Do You Hear What I Hear?

Carolers at the doorstep, ice scrapers working overtime, the cat swatting ornaments off the tree—the season is rife with signature sounds. In keeping with the spirit, we offer up this "aural" exam. **Answers on next page.**

1. carillon ('ker-eh-'lahn) *n.*—A: Christmas choir. B: trombone blast. C: set of bells.

2. dulcet ('dul-set) *adj.*—A: monotonous. B: staccato. C: pleasing to the ear.

3. skirl ('skeruhl) *v.*—A: play a bagpipe. B: change musical keys. C: make a whoosh.

4. stertor ('ster-ter) *n.*—A: snoring. B: howling. C: whimpering.

5. bombinate ('bahm-beh-nayt) *v.*—A: pop like a balloon. B: bang on a gong. C: buzz.

6. euphony ('yew-feh-nee) *n.*—A: perfect pitch. B: pleasing or sweet sound. C: solo singing.

7. cacophony (ka-'kawf-oh-nee) *n.*—A: complete silence. B: audio interruption. C: harsh sound.

8. sternutation ('ster-nyu-'tay-shun) *n.*—A: scolding tone. B: sneeze. C: sound of a backfire.

9. paradiddle ('pa-reh-'di-del) *n.*—A: lilting duet. B: wrong note on a horn. C: rapid drumbeat.

10. canorous (kuh-'nor-us) *adj.*—A: honking like geese. B: echoing. C: melodious.

11. purl ('perl) *n.*—A: rippling sound. B: hum of contentment. C: heavy accent.

12. sough ('sow) *v.*—A: moan or sigh. B: squeak annoyingly. C: chug like an engine.

13. cachinnate ('ka-keh-nayt) *v.*—A: laugh loudly. B: eavesdrop. C: sizzle.

14. clarion ('klehr-ee-uhn) *adj.*—A: fast, as a song. B: repeated, as a verse. C: brilliantly clear.

15. strident ('striy-dnt) *adj.*—A: full of static. B: discordant. C: hard to discern.

WORD HISTORY: PHONE

The *phone* in your iPhone (or saxophone, headphones, microphone) comes from the Greek word *phōnē*, meaning "voice" or "sound." Also related, through the Latin *for* ("to speak, say"): *fame* ("being spoken of widely") and *fable* ("an often spoken narrative").

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ILLUSTRATIONS BY EDWIN FOTHERINGHAM

Answers

1. carillon—*[C]* set of bells. By far the highlight of the Christmas concert was the debut of the hall's restored *carillon.*

2. dulcet—*[C]* pleasing to the ear. Bev's tones are so *dulcet,* Jerry sat mesmerized for the entire afternoon.

3. skirl—*[A]* play a bagpipe. We awoke the next morning to Jimmy *skirling* away on his new gift.

4. stertor—*[A]* snoring. When Uncle Hal naps, the *stertor* could blow shingles off the roof.

5. bombinate—*[C]* buzz. The lackluster rehearsal *bombinated* in his head for the rest of the week.

6. euphony—*[B]* pleasing or sweet sound. There is no *euphony* like the words "Kids, time for bed!"

7. cacophony—*[C]* harsh sound. Nor is there any *cacophony* like the 4 a.m. pronouncement "Dad, Santa came! Santa came!"

8. sternutation—*[B]* sneeze. With one impressive *sternutation,* Maggie sent the startled pup ducking for cover.

9. paradiddle—*[C]* rapid drumbeat. "I truly appreciate Zack's devotion and practice habits, but that *paradiddle* is going to be the end of me," cried his mom.

10. canorous—*[C]* melodious. To Dale, the tearing of wrapping paper is the most *canorous* sound imaginable.

11. purl—*[A]* rippling sound. Hampered by writer's block, Alison finally found inspiration in the simple *purl* of the mountain brook.

12. sough—*[A]* moan or sigh. *Soughing* as loud as she could, Kate dropped off yet another plate of hors d'oeuvres for her husband's "guests."

13. cachinnate—*[A]* laugh loudly. I say, didn't you think Beth was overly *cachinnating* about her good fortune?

14. clarion—*[C]* brilliantly clear. I was enraptured by the opera thanks to the soprano's *clarion* voice.

15. strident—*[B]* discordant. To say Alex's new punk band is a touch *strident* is a mild understatement.

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SOUND SMARTER

The phrase "one in the same" is incorrect. The proper—and much more logical—form is "one *and* the same." The error is likely more often heard than seen, and careful speakers (and writers) should mind their diction and give the hardest-working conjunction its due respect.

VOCABULARY RATINGS

- **9 and below: Hush-hush**
- **10–12: Pleasant din**
- **13–15: Full volume**

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You must submit a Claim Form to get a payment. The Claim Form, and instructions on how to submit it, are available at www.ToprolSettlement.com or by calling 1-877-854-3273. The deadline to submit a Claim Form is **April 1, 2013**.

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If you do nothing, your rights will be affected. If you do not want to be legally bound by the Settlement, you must exclude yourself from the Settlement by **January 18, 2013**. If you do not exclude yourself you will not be able to sue the Defendants for any claim relating to the lawsuit. If you stay in the Settlement, you may object to it by **January 18, 2013**.

The Court will hold a hearing on **March 7, 2013** to consider whether to approve the Settlement and a request for attorneys' fees up to $3.5 million, reimbursement of costs, and incentive awards. You can appear at the hearing, but you don't have to. You can hire your own attorney, at your own expense, to appear or speak for you at the hearing.

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For complete information and a Claim Form:
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SAVE 60%

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Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

12 PIECE CUSHION GRIP SCREWDRIVER SET

PITTSBURGH

Item 68868 shown

LOT NO. 68868/69421

$4.99 REG. PRICE $11.99

40197269

SAVE 58%

HARBOR FREIGHT TOOLS - LIMIT 7

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

45 WATT SOLAR PANEL KIT

Item 68751 shown

THUNDERBOLT solar

LOT NO. 68751/90599

SAVE $80

$149.99 REG. PRICE $229.99

87663950

HARBOR FREIGHT TOOLS - LIMIT 4

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

500 LB. CAPACITY ALUMINUM CARGO CARRIER

Haul Master

LOT NO. 92655/69688

Item 92655 shown

$69.99 REG. PRICE $129.99

SAVE $60

77291134

HARBOR FREIGHT TOOLS - LIMIT 5

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

105 PIECE TOOL KIT

PITTSBURGH

Item 4030 shown

LOT NO. 4030/69323/69380

4 DRAWER TOOL CHEST INCLUDED!

$35.99 REG. PRICE $79.99

73844017

SAVE 55%

HARBOR FREIGHT TOOLS - LIMIT 4

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SUPER COUPON!

ELECTRIC CHAIN SAW SHARPENER

CHICAGO ELECTRIC POWER TOOLS

LOT NO. 68221/93213

Item 68221 shown

4-1/4" GRINDING WHEEL INCLUDED

$29.99 REG. PRICE $49.99

71700597

SAVE 40%

HARBOR FREIGHT TOOLS - LIMIT 3

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

10" SLIDING COMPOUND MITER SAW

CHICAGO ELECTRIC POWER TOOLS

Item 98199 shown

LOT NO. 98199/69681

$84.99 REG. PRICE $149.99

SAVE $65

96078136

HARBOR FREIGHT TOOLS - LIMIT 4

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

580 LB. CAPACITY FOUR DRAWER TOOL CART

US ★ GENERAL

LOT NO. 95659

$99.99 REG. PRICE $229.99

28713184

SAVE $130

HARBOR FREIGHT TOOLS - LIMIT 3

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SUPER COUPON!

800 RATED WATTS/ 900 MAX. WATTS PORTABLE GENERATOR

NEW!

LOT NO. 66619/69381/60338

Item 69381 shown

STORM CAT.

$89.99 REG. PRICE $179.99

62853288O

SAVE $90

HARBOR FREIGHT TOOLS - LIMIT 5

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SUPER COUPON!

60" WORKBENCH WITH FOUR DRAWERS

WINDSOR DESIGN

LOT NO. 93454/69054

Item 93454 shown

$139.99 REG. PRICE $229.99

SAVE $90

95450987

HARBOR FREIGHT TOOLS - LIMIT 4

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SUPER COUPON!

6.5 HP OHV HORIZONTAL SHAFT GAS ENGINES (212 CC)

PREDATOR ENGINES

LOT NO. 68120/60363/69730

LOT NO. 68121/69727 CALIFORNIA ONLY

Item 68120 shown

$99.99 REG. PRICE $179.99

99962030

SAVE $80

HARBOR FREIGHT TOOLS - LIMIT 5

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SUPER COUPON!

RAPID PUMP® 1.5 TON ALUMINUM RACING JACK

PITTSBURGH AUTOMOTIVE

3-1/2 PUMPS LIFTS MOST VEHICLES!

SAVE $60

WEIGHS 27 LBS.

$59.99 REG. PRICE $119.99

LOT NO. 68053/69252/60569

40675063

Item 68053 shown

HARBOR FREIGHT TOOLS - LIMIT 3

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Quality Tools at Ridiculously Low Prices

LIFETIME WARRANTY ON ALL HAND TOOLS!

SUPER COUPON!

PITTSBURGH 6" DIGITAL CALIPER

LOT NO. 47257

SAVE 66%

Includes two 1.5V button cell batteries.

$9.99

REG. PRICE $29.99

80181635

HARBOR FREIGHT TOOLS - LIMIT 9

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

HaulMaster MOVER'S DOLLY

1000 LB. CAPACITY

LOT NO. 93888/60497

$7.99 REG. PRICE $14.99

Item 93888 shown

SAVE 46%

93749134

HARBOR FREIGHT TOOLS - LIMIT 7

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

18 VOLT CORDLESS 3/8" DRILL/DRIVER WITH KEYLESS CHUCK

drill master

LOT NO. 68239/69651

Item 68239 shown

Includes one 18V NiCd battery and charger.

SAVE 46%

$15.99 REG. PRICE $29.99

91756110

HARBOR FREIGHT TOOLS - LIMIT 6

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

4-1/2" ANGLE GRINDER

drill master

LOT NO. 95578/ 60625/69645

Item 95578 shown

$9.99

REG. PRICE $19.99

SAVE 50%

59305212

HARBOR FREIGHT TOOLS - LIMIT 5

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

PITTSBURGH AUTOMOTIVE 3 TON HEAVY DUTY JACK STANDS

LOT NO. 38846/69597

Item 38846 shown

$15.99

REG. PRICE $34.99

SAVE 54%

20098696

HARBOR FREIGHT TOOLS - LIMIT 4

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SUPER COUPON!

FLUORESCENT WORK LIGHT

CHICAGO ELECTRIC POWER TOOLS

LOT NO. 92079

$9.99

REG. PRICE $14.99

SAVE 33%

39570566

HARBOR FREIGHT TOOLS - LIMIT 8

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

WIRELESS DRIVEWAY ALERT SYSTEM

Item 93068 shown

Bunker Hill Security

LOT NO. 93068/69590

Requires one 9 volt and three C batteries (sold separately).

$12.99

REG. PRICE $29.99

SAVE 56%

39973196

HARBOR FREIGHT TOOLS - LIMIT 4

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SUPER COUPON!

LOW-PROFILE CREEPER

LOT NO. 2745/69094

Bucee杂志馆 bucee.net

$17.99

REG. PRICE $39.99

300 LB. CAPACITY

Item 2745 shown

Tools sold separately.

SAVE 55%

17347917

HARBOR FREIGHT TOOLS - LIMIT 3

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

AUTO-DARKENING WELDING HELMET WITH BLUE FLAME DESIGN

LOT NO. 91214

SAVE 50%

CHICAGO ELECTRIC WELDING

$39.99

REG. PRICE $79.99

19760831

HARBOR FREIGHT TOOLS - LIMIT 5

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

1/2" INDUSTRIAL QUALITY SUPER HIGH TORQUE IMPACT WRENCH

CENTRAL PNEUMATIC EARTHQUAKE

LOT NO. 68424/2623

700 FT. LBS. MAX. TORQUE

Item 68424 shown

$69.99

REG. PRICE $119.99

SAVE $50

53002096

HARBOR FREIGHT TOOLS - LIMIT 4

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

1" CLEAR WATER PUMP WITH 3 HP GAS ENGINE (98 CC)

PACIFIC HYDROSTAR

LOT NO. 68371/69747

SAVE $60

2220 GPH

Item 68371 shown

$119.99

REG. PRICE $179.99

80273130

HARBOR FREIGHT TOOLS - LIMIT 5

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

NO GAS REQUIRED!

CHICAGO ELECTRIC WELDING

90 AMP FLUX WIRE WELDER

$89.99 LOT NO. 68887

REG. PRICE $149.99

44945971

SAVE $60

HARBOR FREIGHT TOOLS - LIMIT 3

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SUPER COUPON!

CHICAGO ELECTRIC POWER TOOLS

Item 68861 shown

OSCILLATING MULTIFUNCTION POWER TOOL

LOT NO. 68861/ 68303/60428

SAVE 73%

Accessories sold separately.

8 Functions: Sanding, Cut Flooring, Cut Metal, Scrape Concrete, Remove Grout, Cut Plastic, Scrape Flooring, Plunge Cut

$15.99

REG. PRICE $59.99

79991520

HARBOR FREIGHT TOOLS - LIMIT 6

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SUPER COUPON!

8-IN-1 SOCKET WRENCHES

PITTSBURGH

SAE LOT NO. 65498 | METRIC LOT NO. 65497

SAVE 40%

YOUR CHOICE! $8.99 REG. PRICE $14.99

98378878

HARBOR FREIGHT TOOLS - LIMIT 9

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

TORQUE WRENCHES

PITTSBURGH PRO

SAVE 71%

YOUR CHOICE! $9.99

REG. PRICE $34.99

1/4" DRIVE LOT NO. 2696

3/8" DRIVE LOT NO. 807

1/2" DRIVE LOT NO. 239

ACCURACY WITHIN ±4%

11119881

HARBOR FREIGHT TOOLS - LIMIT 6

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

80 PIECE ROTARY TOOL KIT

CHICAGO ELECTRIC POWER TOOLS

SAVE 72%

LOT NO. 97626/68986/69451

Item 68986 shown

$6.99

REG. PRICE $24.99

40531886

HARBOR FREIGHT TOOLS - LIMIT 5

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

4 PIECE 1" x 15 FT. RATCHETING TIE DOWN SET

SAVE 52%

HFT

LOT NO. 90984/ 60405

Item 90984 shown

$7.99

REG. PRICE $16.99

75646913

HARBOR FREIGHT TOOLS - LIMIT 7

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

MECHANIC'S GLOVES

LARGE LOT NO. 93640/60447

X-LARGE LOT NO. 93641/60448

Item 93640 shown

YOUR CHOICE! $3.49

REG. PRICE $7.99

SAVE 56%

92276918

HARBOR FREIGHT TOOLS - LIMIT 8

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

2 PIECE STEEL LOADING RAMPS

Haul Master

LOT NO. 44649/ 69591/69646

1000 LB. CAPACITY

Item 44649 shown

$39.99

REG. PRICE $79.99

SAVE 50%

18147534

HARBOR FREIGHT TOOLS - LIMIT 4

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

CEN-TECH

NON-CONTACT INFRARED THERMOMETER WITH LASER TARGETING

LOT NO. 96451/69465

Requires two AAA batteries (sold separately).

Item 69465 shown

$24.99

REG. PRICE $59.99

Bucee.net

SAVE 58%

20595565892

HARBOR FREIGHT TOOLS - LIMIT 3

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

CENTRAL PNEUMATIC

HEAVY DUTY RETRACTABLE AIR HOSE REEL WITH 3/8" x 25 FT. HOSE

LOT NO. 46104/ 69234/69266

Item 46104 shown

$39.99

REG. PRICE $69.99

SAVE 42%

99970659

HARBOR FREIGHT TOOLS - LIMIT 5

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

NEW!

44", 13 DRAWER INDUSTRIAL QUALITY ROLLER CABINET

HIGH GLOSS FINISH!

WEIGHS 306 LBS.

US★GENERAL PRO

LOT NO. 68784/69387

$359.99

REG. PRICE $599.99

SAVE $240

Item 68784 shown

2900 LB. CAPACITY

60053880

HARBOR FREIGHT TOOLS - LIMIT 4

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

1500 WATT CONTINUOUS/ 3000 WATT PEAK POWER INVERTER

SAVE $40

CHICAGO ELECTRIC POWER SYSTEMS

LOT NO. 93280

$119.99

Not for marine use.

REG. PRICE $159.99

81272103

HARBOR FREIGHT TOOLS - LIMIT 5

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

SUPER COUPON!

CHICAGO ELECTRIC WELDING

MIG-FLUX WELDING CART

LOT NO. 69340/90305

SAVE 41%

Welder and accessories sold separately.

$34.99 REG. PRICE $59.99

Item 69340 shown

48057008

HARBOR FREIGHT TOOLS - LIMIT 3

Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/13/13. Limit one coupon per customer per day.

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Quotable Quotes

Regrets and mistakes, they're memories made.

Adele

The beautiful thing about learning is that nobody can take it away from you. *B. B. King*

The shortest distance between two people is a smile. *Victor Borge*

Success is having to worry about every damn thing in the world, except money. *Johnny Cash*

Only if you have been in the deepest valley can you ever know how magnificent it is to be on the highest mountain. *Richard Nixon*

Everything can have drama if it's done right. Even a pancake.

Julia Child

You cannot protect yourself from sadness without protecting yourself from happiness.

Jonathan Safran Foer

Never worry about what you are escaping from. Reserve your anxieties for what you are escaping to. *Michael Chabon*

FINISH THIS SENTENCE

MUSIC IS ...

... about the only thing left that people don't fight over.

Ray Charles

... the divine way to tell beautiful, poetic things to the heart.

Pablo Casals

... everybody's possession.

John Lennon

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ILLUSTRATION BY JOHN KASCHT

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